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6	6	Silver Spring	4


Line	Cars	Destination	Minutes
6	6	Shady Grove	3
6	6	Shady Grove	9

Line	Cars	Destination	Minutes
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6	6	Largo Town Center	8
6	6	New Carrollton	12

3

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**Monday**

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## Rebirth of a Nation



**Energetic, optimistic and plugged-in, young workers are reshaping the federal bureaucracy 11**



### TIGER'S NEW LOW

**Woods turns in a terrible performance** at the Bridgestone **15**

### SLAUGHTERED

**Six Americans** were among 10 aid workers killed in Afghanistan **7**

### TOUCH OF ALASKA

**How Sarah Palin's endorsement** gave a Md. candidacy life **13**



FOR EXTENDED FORECAST, SEE PAGE 31

EXPRESS PHOTO ILLUSTRATION



# eo

## EYE OPENERS

### Party City: Balaclava Alternatives for the Creative Criminal

Police in Bethlehem, Pa., have arrested a woman who robbed a bank in a clown costume. She was captured about five minutes after the robbery Friday morning. Police said the suspect told bank employees she had a bomb, and she fled with an unknown amount of cash. No explosives were found. (AP)



### With D.C. Council, Swig When They Say 'Bike Lane'

A city councilor in Keene, N.H., says a group that turned a meeting into a drinking game didn't help its cause: easing Keene's open-alcohol-container ordinance. Two of the three charged with disorderly conduct are associated with the libertarian Free Keene movement. Rules posted online required participants to swig at the mention of certain phrases, like "call to order." (AP)

### Court Also Offers Divorces, Sentencing, Tire Rotation

Northampton County, Pa., prison inmate Franklin Barndt and Takesha Piazza were married Friday after he appeared in court to ask that evidence against him in a cocaine case be dismissed. Judge Leonard Zito said he had never gotten such a request before, but "we're a full-service court." The pair even managed to exchange a kiss over the objections of the prosecutor. (AP)

### The Big Picture



**NEW YORKERS** enjoy a portable pool crafted from an old Dumpster. Three of the roving, recycled swimming holes are open to the public on Saturdays, when Park Avenue is closed to vehicular traffic as part of New York City's Summer Streets program. (EXPRESS)

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# Turning to Social Security Early

With no job options, many file for benefits sooner than planned

## Miami

Paul Skidmore's office is shuttered, his job gone, his 18-month job search fruitless and his unemployment benefits exhausted. So, at 63, he plans to file this week for Social Security benefits, three years earlier than planned.

"All I want to do is work," said Skidmore, of Finksburg, Md., who was an insurance claims adjuster for 37 years before his company downsized and closed his office last year. "And nobody will hire me."

More people filed for Social Security in 2009 — 2.74 million — than any year in history, and there was a marked increase in the number receiving reduced benefits because they filed ahead of their full retirement age. The increase came as the full Social Security retirement age rose last year from 65 to 66.

Nearly 72 percent of men who



GAIL BURTON/AP

Paul and Kathy Skidmore will rely on Paul's Social Security earlier than expected.

filed opted for early benefits in 2009, up from 58 percent the previous year. More women also filed — 74.7 percent in 2009 compared with 64.2 percent the previous year.

Jason Fichtner, an associate commissioner at the Social Security Administration, said the weak economy has led more people who lost their jobs to retire early.

However, it also has forced some

people hit hard by the recession and in need of a bigger paycheck to push back retirement and stay in the work force longer.

"But we're seeing more people taking early benefits than staying in the workforce longer," Fichtner said.

Like Skidmore, 63-year-old Jan Gissel of Tustin, Calif., also was forced into retirement early. She turned to unemployment bene-

## Collecting Early

In one of the most striking fallouts from the bad economy: Social Security is facing its first-ever shortfall this year as a wave of people opt to collect payments before their full retirement age. Adding to the strain on the trust are reduced tax collections sapped by the country's historic unemployment — still at 9.5 percent. (AP)

fits when her technical support business failed and filed for Social Security last September.

Together, the checks are keeping her afloat.

"I knew I had to have an income from somewhere, and my business wasn't giving it to me," she said. "I just went online and, boom, three weeks later I had the check."

Gissel wants to continue working but still hasn't found a job. Although she didn't expect to be cashing Social Security checks so soon, she's grateful for the support it has provided. "I needed it way earlier than I thought," she said.

MATT SEDENSKY (AP)

## In Brief

### ALBUQUERQUE, N.M.

#### Ariz. Escapees Believed To Be in Yellowstone

The search for Tracy Province and John McCluskey — who escaped from a private Arizona prison — and their suspected accomplice, Casslyn Welch, has turned to the vast Yellowstone National Park area after one of the inmates was linked to a double homicide in New Mexico and efforts to find them intensified. The U.S. Marshals Service said Sunday information developed indicating the trio may be hiding in portions of the park. (AP)

### NEW YORK

#### N.Y.C. Police Officer Shot

An argument at a block party escalated into gunfire, killing one man and wounding several others, including a police officer shot by a colleague in the hail of bullets, authorities said. The gunfire erupted at about 3 a.m. Sunday in upper Manhattan, where two men had been arguing, a police commissioner said. (AP)

### SALINA, PA.

#### Plane Crashes Into House

Investigators worked Sunday to remove the wreckage of a plane that plummeted into a western Pennsylvania home, killing both people on board and narrowly missing the homeowner. A source said the plane was on a certification flight and went through the house and landed in the garage, where it was buried. (AP)



## DISCOVERIES

**Archaeologists working** on the Blackfeet Indian reservation in northwestern Montana say they have uncovered a vast former hunting complex where bison were stampeded over a cliff at least 1,000 years ago. The site is on a remote plateau overlooking the Two Medicine River. Researchers say it could become one of the largest and most significant Blackfeet heritage sites in the region. (AP)

## Summer Allergies?

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# U.S. Immigrant Faces Genocide Allegation

Concord, N.H.

Beatrice Munyenyezi brought her three daughters to the United States from war-ravaged Rwanda in 1998 and focused on the American Dream: private schooling for her girls, a home with a swimming pool, a sport utility vehicle.

Before long, she had a \$13-an-hour job at Manchester's Housing Authority in New Hampshire, her children were enrolled in Catholic school, and she was on her way to financing a comfortable American lifestyle through mortgages, loans and credit cards.

Now the 40-year-old mother sits behind bars, held without bond while she awaits trial on federal citizenship fraud charges for allegedly lying about involvement in the 1994 Rwandan genocide, when at least 500,000 ethnic Tutsis and moderate Hutus were killed.

Authorities say she was an



The home of immigrant Beatrice Munyenyezi, 40, is seen in Manchester, N.H.

extremist Hutu who killed and enabled the rapes of untold Tutsi victims — not the innocent refugee she claimed to be in 1995 to gain U.S. entry, when she applied for a visa and for citizenship.

Munyenyezi has pleaded not guilty to two counts of lying to obtain U.S. citizenship on her refugee and naturalization applica-

tions by denying any role in the Rwanda genocide. She is scheduled for trial in May 2011.

In early 2003, she was sworn in as a U.S. citizen and bought a three-bedroom home on Howe Street for \$190,000 in November, according to city records. She worked full time from 2001 to 2005 as a family services coordinator for the Man-

chester Housing and Redevelopment Authority.

In a 2005 interview with New Hampshire Public Radio, Munyenyezi perhaps gave a glimpse of her past. "I am a fighter," she said. "I like to be independent. I worked so hard to be here. I do what I have to do to survive."

Federal prosecutors decline to say how Munyenyezi came to their attention. But in court documents, immigration agents describe interviews with alleged witnesses to the atrocities. A federal affidavit says Munyenyezi and her husband, Arsene Shalom Ntahobali, were extremist Hutus who participated in roadblocks and ID checks that resulted in numerous Tutsi rapes and killings.

Court papers give a graphic account of Munyenyezi allegedly striking a young Tutsi boy so hard in the head with a wooden club that he died instantly. LYNNE TUOHY (AP)

# HP CEO Settles With Accuser

San Francisco

Ousted Hewlett-Packard Co. CEO Mark Hurd has settled allegations of sexual harassment lodged against him by a female contract worker for HP, a person with knowledge of the case told The Associated Press.


The harassment accusation set off a chain of events that led to the discovery of allegedly falsified expense reports for dinners Hurd had with the woman and culminated in Hurd's forced resignation Friday from the world's largest technology company.

The person familiar with the case said that Hurd agreed to pay the woman but would not reveal the size of the payment. The deal was reached Thursday. (AP)



Hurd

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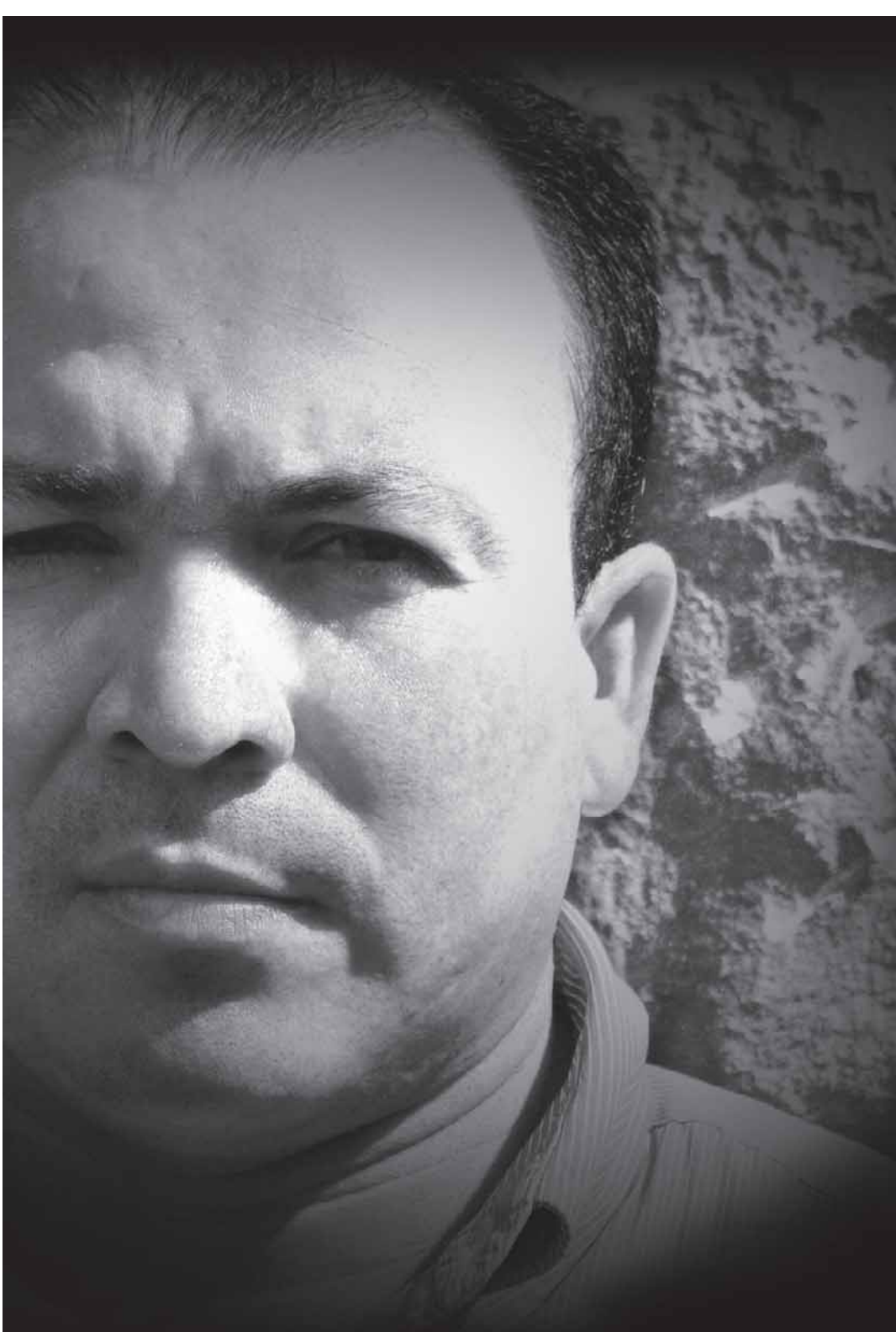
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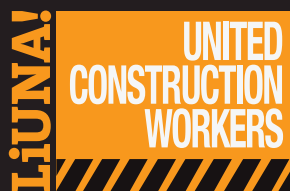


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# Weekend Review

## 1 CAPE CANAVERAL, FLA.

### Ammonia Leak Hinders Astronauts' Repair Job

A pair of space station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the entire repair effort. Managers said two more spacewalks now will be needed to replace the pump and get the International Space Station's cooling system operating normally again. (AP)

## 2 GRAND FORKS, N.D.

### Tornadoes Hit Midwest

Strong storms spawned several tornadoes Saturday that touched down in southeast North Dakota and western Minnesota, including one that appeared to have struck a farmhouse. No injuries appear to have been reported. The storms started in North Dakota and moved east into Minnesota. (AP)

## 3 "The head of WikiLeaks is ... a criminal, and he ought to be hunted down."

— KARL ROVE, SPEAKING TO FOX BUSINESS CHANNEL'S "FREEDOM WATCH" HOST, JUDGE ANDREW NAPOLITANO, SATURDAY ABOUT JULIAN ASSANGE.

## 4 HELSINKI

### Man Dies From Searing Heat in Sauna Contest

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a 230-degree room as water was tossed onto a searing stove, officials and witnesses said. Vladimir Ladzyzhenskiy was pronounced dead late Saturday. (AP)

JAVIER GALEANO/AP

## 5 Castro Back in Public Eye

Fidel Castro speaks Saturday during a special session of parliament in his first official government appearance in front of lawmakers in four years in Havana, Cuba. A lively and healthy-looking Castro appealed to President Obama to stave off global nuclear war.

## 6 SANTIAGO, CHILE

### Hunt for Miners Delayed

Search groups suspended their hunt for 34 workers trapped inside a gold and copper mine in northern Chile after a new collapse Saturday put the searchers' lives in danger, authorities said. Three teams had entered the mine through a ventilation shaft but had to withdraw when rock collapsed in the duct. (AP)

# 1-to-7

7 Ratio of male teachers to female ones at primary schools in Guyana, which is launching a campaign to draw more men to teach. The government will hold job fairs and run ads as part of the "Be a Man, Teach Guyana" campaign. (AP)



# 6 Americans Among Slain Docs

Aid team was sent to provide eye care in north Afghanistan

## Kabul, Afghanistan

The bodies of 10 medical workers from a Christian aid group who were killed last week by insurgents in the mountains of northern Afghanistan were flown to Kabul on Sunday, and the U.S. Embassy confirmed that six Americans were among the dead.

The British government said that Karen Woo, a British surgeon, had been killed in the attack, the first official confirmation that the massacred aid workers were from the International Assistance Mission, a Christian group that had sent a 12-person team to provide eye care in the remote Nurestan province. The organization's Kabul office had lost contact with the medical team Wednesday, and their bodies were found in southern Badakhshan province two days later.

"This is a deplorable and cowardly act which is against the interests of the people of Afghanistan



Tom Little, third from right, of the International Assistance Mission, poses in front of donated vehicles in London. He and nine others were killed last week in Afghanistan.

who depended on the services she was bravely helping to provide," British Foreign Secretary William Hague said in a statement. "Our thoughts are with her family and friends at this tragic time."

U.S. Embassy spokeswoman Caitlin Hayden said the families of the six slain Americans had been notified, but "out of respect for them, we will not be releasing the names at this time."

One American known to be killed was Tom Little, an optometrist from New York and the team's leader, who had worked in Afghanistan for decades. Thomas Grams, 51, a Colorado dentist who worked giving free dental care to children in



Grams

## On the Rise

**Civilian war deaths** in the first seven months of 2010 rose by 6 percent over the same period last year, Afghanistan's human rights commission said Sunday. The modest increase suggested that U.S. and NATO efforts to hold down civilian casualties were having some success. The Taliban and their allies were responsible for 68 percent of the at least 1,325 civilian deaths recorded by the Afghan Independent Human Rights Commission. Twenty-three percent were ascribed to NATO or Afghan forces. (AP)

Nepal and Afghanistan, was also among the dead, the Associated Press reported.

Afghan helicopters could not retrieve the bodies Saturday because of poor weather, according to Dirk Frans, director of the IAM, but a second attempt Sunday succeeded. Along with them came the lone survivor of the attack, an Afghan driver for the team named Safiullah, who was taken in for questioning. JOSHUA PARTLOW (THE WASHINGTON POST)

## In Brief



Moscow airports reported delays or diversions of about 90 flights Sunday.

## MOSCOW

### Anti-Smog Centers Open

Moscow authorities on Sunday opened more than 120 "anti-smog" centers to give residents an escape from record-breaking heat and choking smoke from wildfires blazing around the capital. Dozens of flights were grounded at local airports. (AP)

## CARACAS, VENEZUELA

### Chavez: Rebels Should Release Their Hostages

President Hugo Chavez is urging Colombia's rebels to release their hostages as a means of kick-starting negotiations with the country's new president to end the South American nation's armed conflict. Chavez says the left-leaning Revolutionary Armed Forces of Colombia, or FARC, and the smaller National Liberation Army are mistaken in thinking they can seize power in Colombia through armed struggle. (AP)



## TECHNOLOGY

**Bahrain's foreign minister** says the country has no plans to follow its Persian Gulf neighbors in banning some BlackBerry services, because security fears do not outweigh the technological benefits. Sheik Khaled bin Ahmed Al Khalifa told The Associated Press the devices raise legitimate security concerns, but he says Bahrain has decided that banning some of the phones' features is "not a way of dealing with it." (AP)

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# World

## Floods Spread Misery Across Much of Asia

### Beijing

Floods and landslides across Asia plunged millions into misery Sunday as rubble-strewn waters killed at least 127 in northwestern China and 4 million Pakistanis faced food shortages amid their country's worst-ever flooding.

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132, while North Korea's state media said high waters had destroyed thousands of homes and damaged crops.

Terrified residents fled to high ground or upper stories of apartment buildings in China's Gansu province after a debris-blocked



People assess the damage after floodwater ravaged northwest China on Sunday.

river overflowed during the night, smashing buildings and overturning cars.

The official Xinhua News

Agency said Sunday that authorities were seeking to locate an estimated 1,300 people still missing in the latest deluge in a summer

## \$73M

The amount China has allocated for recovery efforts after the country's worst flooding in a decade.

that has seen China's worst seasonal flooding in a decade. That figure was down from 2,000 earlier in the day.

Worst hit was the county seat of Zhouqu in the province's Gannan Tibetan Autonomous Prefecture, where houses buckled and streets were filled with more than a yard of mud and water.

The landslides struck after heavy rains lashed China late Saturday. CHRISTOPHER BODEEN (AP)

### VIOLENCE



**Baghdad's traffic officers** are demanding their own guards after at least 10 were killed in the past week in drive-by shootings and other attacks that have set back efforts to restore normalcy to Iraq's capital after years of violence. The officers also are demanding assault rifles to defend themselves. Authorities are moving fast to meet their demands. (AP)

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# The Hand-Me-Downs Network

Parents find a new way to save on kids' clothes: online swaps

Children's Apparel

Kelly Trella has found a way to get rid of her 2-year-old son's old clothes: She swaps them. Trella was looking for a way to clear out her basement when she stumbled upon a magazine article about thredUP, a children's clothes swapping website. She signed up and has been swapping gently used clothes from her Meriden, Conn., home ever since.

"Its cost-effectiveness is terrific. It's really great to have an opportunity to share with folks around the country," she said. ThredUP launched in mid-April and now has 15,000 members with another 1,000 being added each week. Founder and CEO James Reinhart says the Cambridge, Mass.-based company is trying to attract parents who are buying back-to-school clothes, which, he says, is one of the largest one-shot



Kelly Trella helps her son Jake try on a new jacket she received through thredUP.

expenditures for families during the year. "The first box I got, I paid \$13 total and I got 13 shirts. No stains. No tears. Yeah, they have gone through the wash a couple times," Trella said. Trella said her son goes to day care full time, so she wants clothes that can get dirty, and the price is right.

"You're only shelling out a small amount of money," she said. "You're giving and you are getting. It's a nice [way] to share." The basic membership for the site is free; premium is \$29.99. The company relies on customer reviews to weed out the people who are giving clothing that is in bad condition. Redbook Deputy Executive Edi-

How It Works

ThredUP sends 10 empty boxes to each customer. The customer browses the website for boxes of clothing. Once a box is found, the customer pays \$13 for shipping and the box is sent to him or her by whoever currently has it. The customer then agrees to list a box of clothing and is notified when someone chooses it so he or she can send it off. Swappers can choose boxes based on variables such as gender, size and season. There are no photos of the clothing, so decisions are pretty much based on brands and descriptions. (AP)

tor Melanie Mannarino said there is an element of trust involved for the people who use the site. The magazine featured the site in its August issue. "It's almost friendly and neighborly," she said. The risk is whether other people will have the same taste in clothing as you do, she said. But, it's not as limited as shopping at garage sales and thrift stores. (AP)

MONEY TALK  
Unemployment

If you've recently lost your job, here are some key facts about collecting unemployment benefits.

**Who's Eligible**  
Most employees who lose jobs through no fault of their own. But you're out of luck if you were fired for misconduct or quit. But each state also has its own eligibility requirements.

**The Weekly Check**  
On average, states replace 50 percent of wages, with a cap on how much you can get. Most states also provide additional funds for dependents. Benefits typically last up to 26 weeks. But during the recession, Congress added up to 73 weeks of extra benefits.

**Some Notes on Filing**  
If you commute to work in another state, file for benefits where your employer is located, not where you live. After filing, you'll need to check in weekly or biweekly to continue getting benefits. That usually involves answering automated questions online or by phone about your job search. (AP)

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# A Federal Face-Lift

An influx of younger workers brings optimism to Washington bureaucracy

## Washington

Here are some lessons Spencer Clark has learned in three years working for the federal government:

When he goes to boring meetings, he sits at the table so no one will think he's a slacker. He knows when to keep his mouth shut. He's not the best thing since sliced bread. Baby boomers have a lot to offer, even if they drive him crazy.

The earnest 27-year-old with a goatee who bikes with his laptop to his job administering the Paperwork Reduction Act for the Environmental Protection Agency is helping to rescript one of the oldest clichés in Washington.

A new movement is shaking up the federal bureaucracy, as an expanding pool of idealistic, results-oriented Gen X and Yers challenges the predictability and authority-driven rules of the World War II generation and the pay-your-dues baby boomers who followed.

These are many of the young people who sent Barack Obama to the White House, where the president has repeated John F. Kennedy's call to service from 49 years ago and pledged to make working for the government cool again.

Many of the younger workers are arriving in a hiring spree. The Obama administration is creating positions in security, public health and defense — and is pulling many jobs held by outside contractors into the government. After watching government responses to such crises as Hurricane Katrina and the Gulf of Mexico oil spill, this new crop of federal workers wants to do better.

"We've seen incompetence in government, and we want to fix it," said Timothy Sommella, 31, a Coast Guard officer with a degree from Harvard's Kennedy School and six years at sea, now on detail as a program



XIAOMEI CHEN / THE WASHINGTON POST

**"Sure, I deal with a lot of bureaucratic drudgery. But I came here because of the mission."**

— **SPENCER CLARK**, A 27-YEAR-OLD FEDERAL WORKER WHOSE FIRST JOB IN GOVERNMENT WAS SHELVING LIBRARY BOOKS IN HIGH SCHOOL.

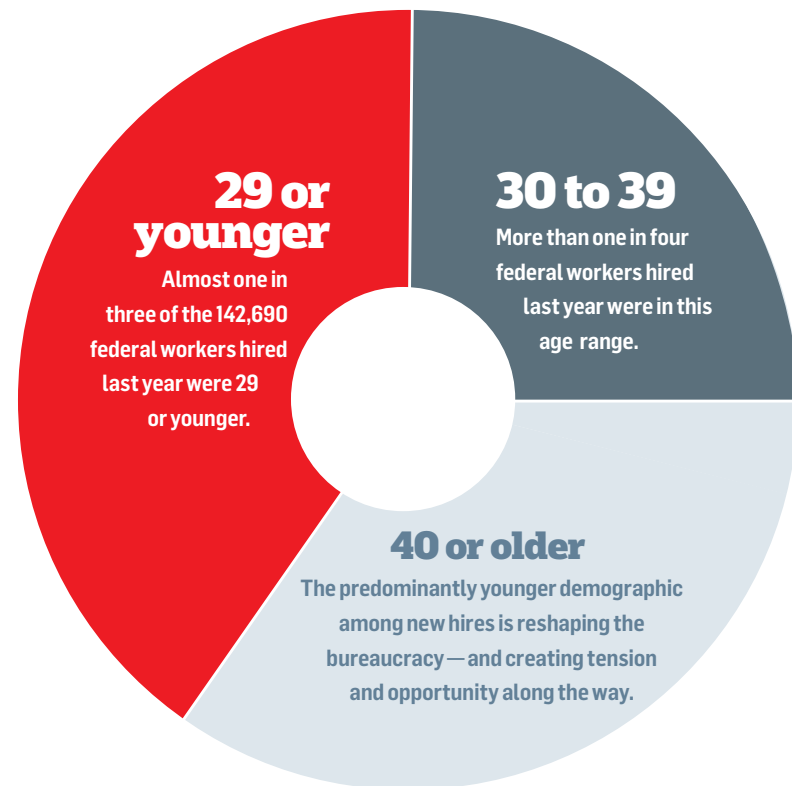
reviewer in the budget office.

"Our parents talked about calling the DMV and being frustrated," he said. "Government doesn't have to be the DMV."

Young workers are restless for risk. They expect to be consulted and engaged — no head-down, it-has-always-worked-this-way chain of command here. They're digital natives, too, who want to manage acquisition contracts on Twitter and who think crowd sourcing and cloud computing are the future of customer service.

At 51, John Berry, the government's personnel chief, understands that the young guns and the boomers can rankle one another.

"They're very results-driven, and they demand feedback," he said. "They often find some of the traditional roles constricting. They say, 'Why can't I wear flip-flops to work?' I've told them, 'I don't care what you wear, as long as you don't have a meeting at the White House.'"



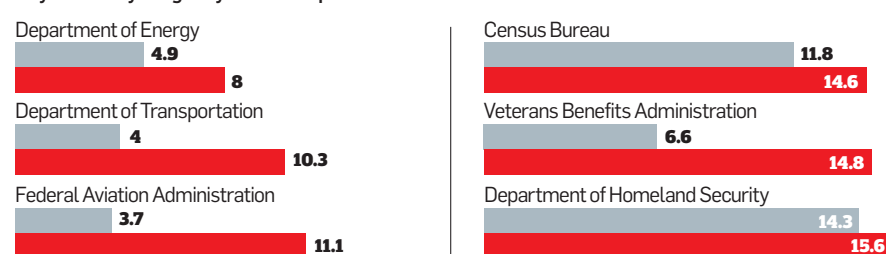
**400,000**

The number of federal workers, out of 2 million total federal workers, projected to be younger than 35 in 10 years.

**50-60K**

Entry-level jobs the Obama administration hopes to fill in the next year, the largest burst since the Kennedy era.

**Younger by the Year:** Of the total federal work force, the percentage who are 29 years and younger by federal department:



SOURCE: BUREAU OF LABOR STATISTICS/THE WASHINGTON POST

For all their bravado, though, today's young feds know they are following a Great Society generation that nurtured programs such as Medicare and Medicaid, sent the first man to the moon, and gave birth to the very agency Clark bikes to every morning.

With clerical jobs being replaced by technology, today's young feds are more educated and a little older than their predecessors were — with an average age of 34 now, up from 31 in 1990 — personnel experts say. They have graduate degrees, nonprofit experience and military service on their résumés. Some say they've made a difference

just by showing older colleagues quicker ways to do things.

Before his colleagues would submit paperwork-reduction strategies for approval, "they'd give me a whole packet of stuff when I needed a fraction of it," Clark said. Now he's revising the EPA's internal system to speed up the process. For improving efficiency, he got a "Splash" award from the Department of Water.

Some might call his job the epitome of bureaucracy. But Clark calls it the "churning of the internal cogs of government to serve the public interest." LISA REIN (THE WASHINGTON POST)


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# Local



Police academy recruits help search outside a house in Prince George's County where four people were found dead on Friday.

## 4 Killed in Drug Dispute

Police say Md. deaths stemmed from debt victims failed to pay

### Lanham, Md.

Two drug couriers from Texas have been charged with first-degree murder in Friday's shooting of two women and two young children in a squalid Prince George's County apartment, police said, and law enforcement sources added that the killings stemmed from a drug debt the women failed to pay.

Prince George's Police Chief Roberto L. Hylton said Saturday that Darrell Lynn Bellard, 43, shot the four victims execution-style, firing multiple bullets into each one, and that T'keisha Nicole Gilmer, 18, blocked their escape. Bellard — of Dickinson, Texas — and Gilmer — of Texas City, Texas — were both being held.

"We believe that this was a drug



Bellard

Gilmer

relationship that went very bad," Hylton said. "Just the coldness of this execution, it's very troubling."

Killed were Dawn Yvette Brooks, 38; Mwasiti Sikyala, 41; Shayla Shante Sikyala, 3; and Shakur Sylvester Sikyala, 4. Brooks was the mother of the children, and Mwasiti Sikyala was their paternal aunt, authorities said. All lived in the 6800 block of Third Street in the Lanham area, where their bodies were discovered about 3 a.m. Friday in a garage apartment amid piles of trash and debris.

Police said they still do not know why the family was living in such horrid conditions — in

a dilapidated apartment above a garage with no toilet, running water or air-conditioning. Police said they have removed tons of trash from the property and found containers of human feces.

Hylton said investigators want to know why they would live like that when it appeared they were profiting from the drug trade.

In addition, the family appears to have roots in Prince George's County. Online county records indicate that the Sikyala family has owned the Third Street property since 1993.

Hylton said Bellard and Gilmer were known to travel from Texas to Prince George's County, where they met up with their local connections.

"Obviously, they had a relationship involving a drug sale," Hylton said. "At some point, there was some type of dispute."

MATT ZAPOTOSKY AND RICK ROJAS  
(THE WASHINGTON POST)

### The Lotteries

#### Sunday, Aug. 8

##### Virginia

Mid-day Pick 3	6-7-0
Mid-day Pick 4	4-4-2-8
Mid-day Cash 5	8-16-17-20-27

##### District

Mid-day Lucky Numbers	5-5-3
Mid-day DC 4	9-5-2-7
D.C. Five (Sun.)	8-9-3-3-4

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

##### Maryland

Mid-day Pick 3	7-2-0
Mid-day Pick 4	3-2-1-9



# Palin Nod Lifts Murphy Campaign

Md. gov. candidate gains exposure from celebrity endorsement

Crofton, Md.

Just a few months ago, friends of Brian Murphy would roam the halls of the Maryland State House, practically begging reporters stationed there to come outside for news conferences by an unknown Republican candidate for governor.

Last week, a parade of those same scribes lined up to see him.

What changed things was a single unexpected moment: Sarah Palin's endorsement of the like-mind-



Brian Murphy, center, campaigns at the town fair in Leonardtown, Md., Saturday.

ed 33-year-old business investor from Montgomery County, who is making his first bid for public office against former Maryland

governor Robert L. Ehrlich Jr. in the GOP primary.

"What this campaign has always needed is a megaphone,"

Murphy said, "and Sarah's endorsement gave that to us."

It remains unclear whether Palin will come to Maryland to campaign with Murphy before next month's primary. As of last week, the two had never talked directly.

"This got the guy from complete obscurity to seeing his name in the paper, but he's still not a viable candidate," said Larry Hogan, an Annapolis real estate broker who ended his own exploratory bid for Maryland governor this year. "My opinion last week was that Brian Murphy's campaign was insignificant, and it's still my opinion this week."

JOHN WAGNER (THE WASHINGTON POST)

## 3 Teens Charged After 70-Person Brawl on Metro

Washington

A Metro spokeswoman says three people have been charged after a fight at a rail station that officials say involved about 70 teenagers and young adults.

Metro spokeswoman Cathy Asato said Saturday that 18-year-old Angelo Nicholas has been charged with disorderly conduct from the 11 p.m. fight at the L'Enfant Plaza station. Transit police also charged a 16-year-old male from D.C. with disorderly conduct and another 16-year-old from D.C. with simple assault. (AP)

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# Sports

# For McNabb, Family Comes First

Quarterback's drive to win comes from lots of home training

## The Redskins

Just a day after their son, Donovan McNabb, was traded to the Washington Redskins, Sam and Wilma hopped online and ordered new jerseys that featured burgundy and gold. Four months later, though, there still are remnants of McNabb's 11-year run as the Philadelphia Eagles' quarterback lying around. The license plate holder on Wilma's SUV is still green, for example. The McNabbs have tried to clear most of the Eagles knickknacks and photographs from their closets, shelves and walls, but it's not that easy.

"We keep seeing something, and it's, like, 'Oh, we forgot one,'" Wilma says.

So, they've been packing it up, putting just about everything into a box that will be banished to storage space, like old photos and letters from a past love. "We can't just throw it all away," Wilma explains. "It's still part of a legacy."

So many corners of the South Side of Chicago have played a role in shaping McNabb's legacy, which the 33-year-old quarterback hopes to build on in his first season as the Redskins' quarterback. But nothing has been as influential and crucial as his parents and brother.

"They were the ones providing advice, guidance, [who would] be your worst critics and make sure you're doing the right things," McNabb says. "We've always been a close-knit family, where no matter what situation someone is in, we're all going to rally together and make sure it comes out for the better."

Critics have had no problems dissecting McNabb's throwing mechanics, quibbling and complaining. But those who've watched McNabb since he entered the NFL in 1999 rarely take issue with his



## Where He Gets It

Throughout his career, Donovan McNabb has always been known as a leader and a perfectionist. How did he become the QB he is today?

► **HIS NEIGHBORHOOD:** McNabb was raised in the dangerous "Wild 100s" section of Chicago before his family moved to the suburb of Dolton when he was a young boy.

► **HIS PARENTS:** His parents had a tough but firm style of parenting that McNabb's brother, Sean, describes as "no-nonsense, straight at you with a lot of constructive criticism."

► **HIS BROTHER:** "I was always known as 'Little Sean,'" McNabb says regarding his athletic older brother, "and that bothered me.... That's something that gives you that extra push because you don't always want to be recognized as 'Little' anybody."

► **HIS JOKES:** His mother says that he could've been a comedian—a skill that's treated him well in football. (TWP)



**"THEY WERE THE ONES PROVIDING ADVICE, GUIDANCE, [WHO WOULD] BE YOUR WORST CRITICS AND MAKE SURE YOU'RE DOING THE RIGHT THINGS."**

— DONOVAN MCNABB, SPEAKING ABOUT THE INFLUENCE OF HIS PARENTS, WILMA, LEFT, AND SAM MCNABB, RIGHT, AND HIS BROTHER, SEAN. HE CREDITS THEM WITH HIS ABILITY TO ENDURE CRITICISM.

leadership skills. His former teammates and coaches call him a perfectionist, and McNabb knows where that's rooted.

McNabb was raised in the dangerous "Wild 100s" section of the city before his family moved to the suburb of Dolton when he was a young boy.

"We learned at a young age that you've got to have a thick skin," said Sean, McNabb's older brother. "We were the first black family to move into that neighborhood. We had no choice but to grow thick skin."

Regardless of where they lived, the McNabbs always had high aspirations for both children: Donovan and Sean, who is older by four years.

"My parents continued to push," McNabb explains. "You get a B in class, you get excited, [but] that's not good enough. You get an A in a class — 'You don't have all A's.' You get out on the basketball court, you win and you hit the game-winning shot —

'Well, you missed five shots.'

"Just things like that, where nothing is ever good enough. We don't settle just to be satisfied," McNabb says. "That's the household I come from."

Neither parent was shy when it came to discipline, and they didn't mince words when it came to expectations. Sean described their parenting style as "no-nonsense, straight at you with a lot of constructive criticism."

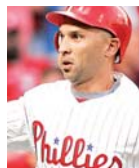
"I guess both my wife and I, as parents, we just wanted the best in our kids," says Sam McNabb, 57. "So, in the upbringing stages of it, I think we just kind of imparted in them, when you do something, you have to try to do it the best way you can and be the best at it. Even if it didn't materialize, at least they understood that there was still work to be done and that they just couldn't be satisfied if something is just good enough."

RICK MAESE (THE WASHINGTON POST)



## MLB Recap

## Top Dogs

**Raul Ibanez, LF, Phillies**

Ibanez's three-run bomb in the third put the Phillies on top of the Mets.

**Jim Thome, DH, Twins**

Thome hit career homer 578 in the fifth, a two-run blast to start a five-run inning that gave the Twins a 5-4 win.

**Jeremy Guthrie, SP, Orioles**

Guthrie earned the O's their fifth win in six games, serving up eight innings of six-hit, one-run ball against the White Sox, dropping his ERA to 4.04.

**Carlos Gonzales, LF, Rockies**

Gonzales went 4-for-5 scoring two runs and knocking in three including a two-run homer in the first inning.

## Scoreboard

Blue Jays 1, Rays 0

Tigers 9, Angels 4

Orioles 4, White Sox 3

Twins 5, Indians 4

Phillies 6, Mets 5

Braves 6, Giants 3

Rockies 8, Pirates 4

Reds 11, Cubs 4

Brewers 11, Astros 6

Diamondbacks, Padres (late)

Mariners, Royals (late)

Cardinals, Marlins (postponed)

Late game results: [washingtonpost.com](http://www.washingtonpost.com)

## Hearsay

**"When you look at their lineup, it's, like, how is this team that bad?"**

— **MARK BUEHRLE**, White Sox pitcher, after losing to the league-worst Orioles Sunday Afternoon.

**washingtonpost.com**

Sunday Nationals/Dodgers game ended after Express' deadline. For results, go to [washingtonpost.com/sports](http://www.washingtonpost.com/sports).

# Woods Hits New Low at Oak Hill

18-over-par finish at Bridgestone event is Tiger's worst ever

## Golf

Tiger Woods has never looked worse.

As he has done so often on Sunday at the Bridgestone Invitational, Woods doffed his cap as he walked up toward the 18th green to warm applause from fans who occupied every seat in the grandstand.

Only there was no trophy waiting for him. This sounded more like a sympathy cheer.

The world's No. 1 player looked utterly beaten, and he was.

"Shooting 18-over par is not fun," Woods said. "I don't see how it can be fun shooting 18 over."

He missed one last birdie putt to close with a 77. That gave Woods the highest 72-hole score — 298



Tiger Woods reacts during a 7-over-77 round Sunday at the Bridgestone Invitational.

— of any PGA Tour event he ever played, even as an amateur. It was the first time he shot over par in all four rounds since the 2003 PGA Championship at Oak Hill.

This from a guy who had never finished worse than fourth at Firestone in 11 previous events, who had not shot over par on the South Course since 2006, who last year

made PGA Tour history by winning for the seventh time on the same course.

The numbers associated with Woods always have been staggering, now more than ever.

His 298 was 39 shots higher than the record score he shot 10 years ago at Firestone. He tied for 78th, the highest finish of his PGA Tour career. Only Henrik Stenson (20-over 300) kept Woods from finishing dead last. He set a career low by making bogey or worse on 25 of the 72 holes.

No one expected him to dominate as he did before revelations of his sexual escapades in November.

No one could have imagined this.

Woods said he was not surprised. "It's been a long year," he said, looking and sounding like a player who has lost his direction.

DOUG FERGUSON (AP)

## Morrow Tops Rays in One-Hitter

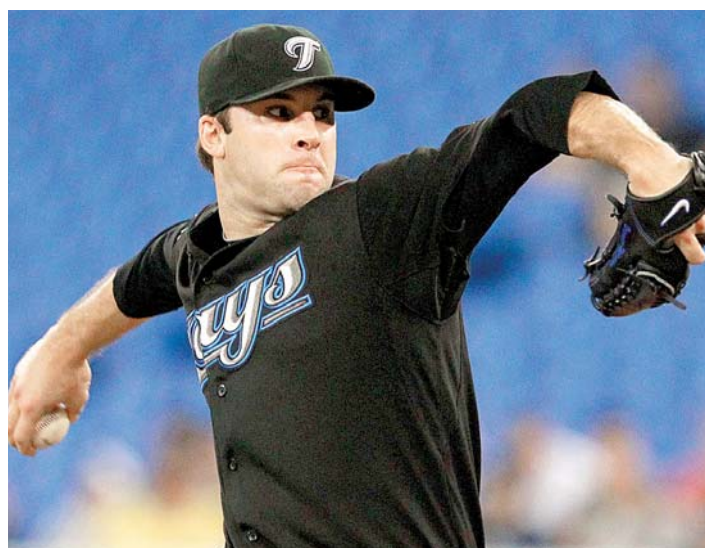
## Major League Baseball

The Blue Jays' Brandon Morrow lost a no-hit bid with two outs in the ninth inning on an infield single by Evan Longoria, then struck out his 17th batter of the game to finish off a 1-0 victory over the Tampa Bay Rays on Sunday.

Morrow got a cooler of water dumped on him by celebrating teammates after one of the most dominating performances in the year of the pitcher. There have already been five no-hitters this season — including two perfect games — and three others broken up in the ninth inning.

"I was just trying to get those three outs," Morrow said afterward. "I was trying not to think about the no-hitter, or anything like that."

The three-game sweep was crippling for the Rays, who have lost a season-high five straight after



Blue Jays righty Brandon Morrow struck out 17 batters in a victory over Tampa Bay.

briefly moving ahead of the New York Yankees in the AL East earlier this week.

Vernon Wells drove in the only run for Toronto before leaving with a dislocated toe, which

happened when he made a leaping catch against the wall in the sixth inning to preserve Morrow's no-hit bid. Wells stayed down briefly before jogging slowly off the field. (AP)

## Nalbandian Wins Legg Mason Title In Straight Sets

## Tennis

David Nalbandian arrived at the Legg Mason Tennis Classic ranked 117th after missing about 12 of the past 15 months because of injuries. He needed a wild-card invitation merely to get into the field.

A week later, he leaves as the tournament's champion — and someone to watch at the U.S. Open.


Argentina's Nalbandian became the first player ranked outside the top 100 to win an ATP title in 2010, using his typically strong service returns and effective baseline game to beat No. 25 Marcos Baghdatis of Cyprus 6-2, 7-6 (4) on Sunday in a Legg Mason final between two past Grand Slam finalists.

It's Nalbandian's 11th career title, but his first on U.S. soil, and his first anywhere in 1½ years. (AP)





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Sports



Natalie Randolph, center, holds her first practice as the Colts' football coach Friday.

'Diva' Takes Charge  
Of Coolidge Colts

Under female coach's  
leadership, football  
team toughens up

High School Football

Once she blew the first whistle, Coolidge football coach Natalie Randolph appeared in her element, running players through drills and officially beginning the season as just one of a handful of women ever to lead a high school football program.

The Colts had grown accustomed to Randolph's leadership over the summer, adhering to her detailed conditioning program five days a week. That program was a major reason they were surprised by their lack of fatigue.

"We must not be human," senior Daniel West told his teammates, "because humans would get tired in this heat. We ain't tired."

Randolph's attention to detail and preparation were among the talents that the school's coaching search committee said set Randolph apart.

Despite the ESPN camera crew trailing her since April, Randolph, a former player with the D.C. Divas of the Independent Women's Football League, is not one to seek out the spotlight.

Randolph "tells us, 'Don't worry about ESPN. Don't pay them no attention,'" junior Felonte Misher said. "But you don't know who's going to be out there watching. It's a motivation, but it's also pressure. We can't make her look bad on camera."

Several area coaches have said

**"You don't know  
who's going to be  
out there watching  
... We can't make  
her look bad."**

— FELONTE MISHER, COOLIDGE JUNIOR, ON THE MEDIA ATTENTION TO NEW FOOTBALL COACH NATALIE RANDOLPH, WHO HAS APPEARED ON CBS, ABC AND CNN.

since her hiring that they fear losing to a Randolph-led Coolidge team, simply because of what her gender signifies.

Randolph is feeling that pressure to perform. If the Colts struggle, then her critics will be proved correct.

Her players are sharing that burden with her.

"If we lose," West said, "then people will say that all this hubbub is just a big circus. We're a team. We have to show that, and winning is all that matters." **ALAN GOLDENBACH** (THE WASHINGTON POST)

**In Brief**

**NBA**  
**Obama Plays With NBA Stars Past and Present**



President Obama assembled an informal dream team of current and former basketball superstars Sunday and played before injured troops at Fort McNair. Joining Obama were LeBron James, Dwayne Wade, Carmelo Anthony, Bill Russell and Magic Johnson. (AP)

**NASCAR**  
**Montoya Wins at the Glen**

Juan Pablo Montoya won the Sprint Cup race at Watkins Glen International on Sunday, his second career victory. Montoya pulled away on a late restart from Marcos Ambrose, his biggest challenger all day, and beat Kurt Busch by 4.7 seconds in the 90-lap race around the 11-turn, 2.45-mile layout. (AP)

**SOCCER**  
**Man. U Tops Chelsea 2-1**

Mexico's Javier Hernandez scored in his English debut to help Manchester United beat Chelsea 3-1 in the Community Shield — the English soccer season's traditional opener. Man. U has won the Community Shield three of the last four years. Chelsea won last year and went on to end Manchester's three-year grip on the Premier League trophy. (AP)

**TV Lineup**

**BASEBALL (7 P.M., ESPN)** As Adam Dunn takes a night off, Albert Pujols and Joey Votto — his two competitors for the NL home run race — face off when the Cardinals play the Reds.

**ORIOLES (7:05 P.M., MASN)** With renewed life (but still no shot at the post-season) under new manager Buck Showalter, the O's finish off a four-game stint against the White Sox at Camden Yards.



## Kids Plus Pressure Equals Careers

Independent college counseling flourishes

### Growth Industries

When Ginger Fay took a college tour with her parents at 17, she knew she wanted a career in admissions. "I was so impressed with the earnestness of the admissions officers I met," she says. "I wanted to be the kind of adult who listened to young people, just as those earnest admissions officers had listened to me and taken my ideas seriously." That trip eventually led Fay, now 38, to launch her own business, Fay College Counseling (Faycc.com).

The independent college counseling industry has grown in recent years, carving out a place in the bewildering search process. According to the Independent Educational Consultants Association (IECA), the major professional organization for independent college counselors, membership has doubled from 350 to 750 since 2004, and about 160,000 high school seniors per year work with independent counselors.

As more students apply to college, admissions have become more competitive. Fam-

CONTINUED ON E2

LAWRENCE LUK



Barbara Hancock switched to independent college counseling from a teaching career. She now works for Marks Counseling Associates in Bethesda.

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# getting ahead

## Kids + Pressure

Continued from page E1

ilies are beginning to think about college earlier in their children's high school years, and independent college counselors provide individualized attention and service that they might not receive from overworked college counselors at their schools.

These counselors supplement the guidance students receive at school. Some parents hire counselors when their kids are freshmen to steer them through course selection, SAT preparation and more. Others visit counselors later in the process for aid in application essays, interviews, choosing a school and even selecting college courses.

Counselors tailor their services to the needs of families, working with parents and their children to make the college process easier. "Bringing another party into the conversation can help," Fay explains. "Another person in the dynamic encourages families to talk together about expectations they didn't realize they had."

Perceptions of independent college counselors haven't always been rosy. In the past, they have been seen as slick consultants who charge enormous sums to help wealthy parents ensure their children attend Ivy League schools. College counselors in schools also have been wary of independent counselors interfering with their work.

Since 1976, the IECA has worked to combat that image. Their ethical guidelines ensure that counselors focus on students' needs and include the whole family in the process. "No consultant should make a promise of admission or emphasize 'getting in,' rewrite essays or 'package students,'" says Mark Sklarow, executive

director of IECA.

While anyone can start an independent college counseling business, membership in the IECA confers endorsement by the standard bearer of the industry. To become a member, a counselor must hold an advanced degree (in any field), have three years of experience in counseling and admissions, be recommended by colleagues, and meet a minimum number of students advised and professional development activities.

Opportunities also exist for mid-career changers. Current-

ly, two national certificate programs focus on independent college counseling. These online programs allow anyone with a bachelor's degree to earn a counseling certification. The University of California, Los Angeles Extension school's Certificate Program in College Counseling ([Uclaextension.edu](http://Uclaextension.edu)) focuses on both independent college counseling and college counseling in schools. The University of California, Irvine's Independent Educational Consultant Certificate Program ([Unex.uci.edu](http://Unex.uci.edu)) emphasizes

entrepreneurship for those wanting to start an independent college counseling business.

The field remains solid in spite of the recession. For children whose parents hire independent college counselors, attending college is expected, not optional. "College is a once-in-a-lifetime expenditure," Fay says. "Most families I work with knew when that child was born that they aspired for the student to attend college, and made plans financially and emotionally to make that dream a reality. So, when money's tight,

we use coupons at the grocery store and make changes to daily routines, but college is not an ongoing expense."

An average day for an independent college counselor involves diverse tasks that vary with the college admissions cycle and client age. The fall is a busy season as students decide where they want to apply and work on their education. In the spring, counselors work with students and parents to choose a school to attend, taking into account academic, geographic and financial considerations. When they aren't meeting with clients, counselors research higher education trends, attend conferences to connect with colleagues and visit colleges.

"The conversations we have with freshmen and with seniors are quite different, and I like hav-



The helpful admissions counselors Ginger Fay encountered on a college tour as a 17-year-old inspired her to eventually found her own business, Fay College Counseling.

**"BRINGING ANOTHER PARTY INTO THE CONVERSATION CAN HELP. ANOTHER PERSON IN THE DYNAMIC ENCOURAGES FAMILIES TO TALK TOGETHER ABOUT EXPECTATIONS THEY DIDN'T REALIZE THEY HAD."**

— GINGER FAY, WHO WORKS WITH PARENTS AND CHILDREN TOGETHER TO NAVIGATE THE COMPLEX COLLEGE ADMISSIONS PROCESS.



ing that variety in my days," says Barbara Hancock. The 31-year-old went from teaching English and advising students in high school to full-time college counseling at Marks Counseling Associates LLC (Marksca.com) in Bethesda.

"Two things I've been doing lately are helping rising seniors brainstorm topics for their college essays and advising our seniors who are recruited athletes; athletic recruits have a different timetable from other applicants," she says. "Also, I lead our college transfer practice area and have been meeting with students who wish to transfer to another college for second semester or next fall."

The services that independent college counselors provide are wide-ranging (as are their fees, which can vary from \$1,000 to



Barbara Hancock leads Marks Counseling Associates's college transfer practice.

\$40,000). Some offer full service packages, covering all aspects of the college search, from where to apply to where to attend. They also

work with students on the application process, if students already have finalized a list of schools. Additionally, counselors can be

hired on an hourly basis for specific elements of the college search process, such as interview preparation, essay writing or financial aid applications. The key is that independent college counselors' services are flexible and designed for the individual needs of students and their families.

To meet the needs of students and families, Fay suggests that independent college counselors need respect for their students and their stage of life. "There is something really special about that moment on the precipice between childhood and adulthood," she says. Also, being able to talk to anyone about anything and seeing connections between disparate ideas help counselors connect with the variety of clients they encounter and meet stu-

dents' needs. Hancock says that problem-solving skills and being able to think outside the box are also critical.

Both Fay and Hancock find personal satisfaction in what they do. "I like meeting a lot of different people, and I find it rewarding to help students as they prepare to make important decisions," Hancock explains.

Through independent college counseling, Fay has been able to juggle life as a businesswoman and a mother. "It was the simplest way to have the flexibility I want as a parent of young children and do the work that I love." She adds, "To be able to do something I love, feel I am good at, and helps other people — that's the trifecta of happiness in a job for me."

ROOPIKA RISAM

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# Magic, Not Manic, Mondays

A workplace expert says going to work should be awesome instead of awful

Q&A

Clint Swindall wants you to stop moping on Sunday nights. Your “I don’t know how the weekend flew by so fast” refrain should be more along the lines of “Yay!”

Swindall, author of the new book “Living for the Weekday” (\$23. Wilev) and president of personal development company Verbalocity, thinks most people can and should love heading to work each morning. We asked him to spill the secrets of appreciating even the dullest days behind the desk.

Why live for the workday?

Because there are seven days in the week and they’re our seven days, regardless of what we’re doing on those days. Ultimately, we have a responsibility to enjoy our own life. One of the biggest challenges is this concept of life-balance — that we



The people in this stock photo of a generic hipster workplace love their jobs because they have their priorities in alignment.

have to figure out how to balance our work and home lives. We need to throw that concept out the window, because it’s something we’re never going to achieve. Instead, it’s a matter of blending together the most important aspects of our life and realizing that all of those aspects deserve our attention all days of the week.

**So, you don’t think there should be a division between professional and personal life?**

It’s a matter of the way we look at those things. Obviously, as long as we like things like indoor air-conditioning and food, we’re all going to have to work and make a living. Relationships with our family, co-workers and friends are important, because if we go to work worried about those relationships, that’s going to eat at us.

**What other personal sides of our lives impact our jobs?**  
Our health. Another aspect is

finances. I can’t get excited about work if I’m not sure whether or not I can pay my bills. The last aspect is spirituality. It’s not about spirituality from a religious standpoint as much as it is about the bigger picture of who we are and the contribution we make to society. We have to find a way somewhere in our lives of fulfilling a bigger purpose.

**Can a higher salary bring happiness?**  
I think we believe that a high-

er salary can bring us more happiness. The reality is, study after study shows us that’s not true. An old friend of mine who enjoyed extreme wealth before he died used to always say, “Money will not buy you happiness; it will just allow you to enjoy your misery in some pretty exotic places. All I did is drive a better car when I would drive down the road and worry about my problems.”

**What can supervisors do to foster their workers’ happiness?**  
I believe bosses have a responsibility to build a consensus for the vision of the organization. Everybody, when they go to work, wants to be able to contribute to a bigger thing. Leaders have to inspire people to want to pursue that vision.

**What’s the key to loving work?**  
Figuring out how to love the rest of your life. Figuring out how to deal better in your relationships, figuring out how to take care of your health, figuring out how to better manage your finances and figuring out what your bigger purpose is. That’s the secret to waking up Monday mornings and saying, “I can look forward to this Monday as much as I can look forward to Friday.” KATIE ABERBACH (EXPRESS)



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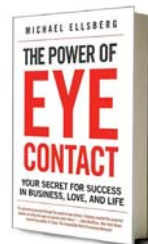


# Keep Your Eyes on the Prize (and Don't Lie)

**For most professionals**, there's more to success on the job than meeting deadlines and organizing files. Two new books dissect the psychology behind workplace interactions, from managing your body language during job interviews (don't cross your arms!) to making a comfortable amount of eye contact during presentations (allow the audience to connect with you, not the other way around).

## "The Power of Eye Contact" (\$14, HARPER COLLINS)

- ▶ **AUTHOR:** Michael Ellsberg
- ▶ **THE SKINNY:** Ellsberg, the self-declared inventor of "eye gazing parties," thinks professional and personal gains can be made by gazing at another person's peepers. Here, he walks readers through the basics of connecting and communicating through a single look. Besides using eye contact to ace an interview or lead an effective team project, the skill can spark romance and greater self-awareness, Ellsworth says.
- ▶ **TAKEAWAY TIDBIT:** "Intermittent" eye contact is the best kind for salespeople, sales trainer Tony Alessandra tells Ellsberg.



## "Lie Spotting" (\$25, ST. MARTIN'S PRESS)

- ▶ **AUTHOR:** Pamela Meyer
- ▶ **THE SKINNY:** Linking facial recognition training, interrogation training and other research into deception, Meyer provides plenty of tips for thwarting fibbers in the world of business—a skill that can prove especially powerful during job interviews or annual performance reviews. Fortunately, the everyone-lies gist of the book is balanced by a final segment discussing how to build trust among co-workers and peers.
- ▶ **TAKEAWAY TIDBIT:** "Facial micro-expressions," or split-second flashes of emotion, can give away a fabulist's feelings. **KATIE ABERBACH (EXPRESS)**



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# Thank You for the Momeries

The Momoir Project teaches women to capture their stories in personal essays

Writing

Ask a mom about her children, and get comfy. She'll be talking for a while. Ask her to write down her tales, and you might get a blank stare in return.

"I think a lot of mothers are intimidated because they think, 'That would make a good story, but I don't know how to write it. I'm not a writer,'" says Jessica Stockton Clancy.

They will be if Clancy, a freelance writer and parent of two daughters, gets her way. She teaches mums to immortalize their memories through the Momoir Project,



Jessica Stockton Clancy's two daughters give her lots of material to write about.

a workshop founded in Canada by journalist Cori Howard in 2008 that Clancy is teaching in D.C.

**THE BASICS:** The class, open to 10 students, meets six times, every

other week. Participants don't need any previous writing experience, but they should have an idea they'd like to nurture into an essay.

Each week Clancy talks about the elements of a good essay and

provides examples by published moms to read during the class and at home. Students also do impromptu writing exercises that the class reviews during feedback circles.

Besides the readings, homework includes writing, but the amount of time students spend on it is up to them. "Some mothers get very, very into this and will spend as much free time as they have working on their essays," Clancy says. "The readings only take 15 or 20 minutes."

WHAT YOU'LL LEARN:

Clancy walks her wards through developing an introductory paragraph and thesis, choosing appropriate anecdotes and crafting a conclusion. While the workshop focuses on writing in first-person, style is up to the moms —

essays can be short, long, funny or serious.

By the end of the series, every mother has one complete piece. "They'll understand the elements that go into an essay," Clancy says, "and they'll understand how, bit by bit, to craft their essays on anything they want to write about, be it motherhood or anything."

**WHAT'S THE DEAL?** The Momoir Project (\$395) spans 13 weeks, meeting Wednesdays from 7:30 to 9:30 p.m. from Sept. 22 to Dec. 8 at Lil Omm Yoga (4830 V St. NW). Classes are also available online; register for both at Themomoirproject.com. Clancy will also teach three-hour writing workshops at the Breastfeeding Center this fall. Check Breastfeedingcenter.org for dates.

STEPHANIE KANOWITZ



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# Long Days (and Nights) of Hard Labor

## Steal This Job

### Alana Rose, 28

**JOB:** Doula and HypnoBirthing coach, owner of Mind Body Births (Mindbodybirths.com)

**SALARY:** \$50,000

**WHAT SHE DOES:** Rose works with parents planning unmedicated births



Doula and birthing coach Alana Rose walks a couple through the labor process.

JASON HORNICK

to formulate plans for their baby's arrival, recommends childbirth classes and suggests birthing places. "Before birth, the doula is there to help you sort out your mental and emotional issues surrounding birth to clear the way for labor," says Rose, who has assisted at 27 deliveries. "During labor, we help you get comfortable and stay encouraged at home."

At the hospital or birthing center, Rose relays delivery plans to the staff.

"We empower parents to assume the role of primary decision-maker in their care, barring emergency, and to advocate for themselves," Rose says. If a doctor keeps offering an epidural and the mom doesn't want one, the doula can step in to reiterate her wishes.

Rose's \$765 fee covers two prenatal visits; 24-hour phone accessibility; support during labor and birth, and for up to two hours afterward or until

CONTINUED ON E8



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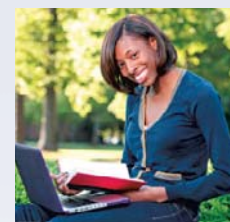
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# gettingahead

## Hard Labor

Continued from page E7

breast-feeding is established; and a postpartum visit to discuss how things went.

Rose is also trained in HypnoBirthing, an alternative to natural-birthing aids such as Lamaze and the Bradley Method. For \$495, she teaches two-and-a-half-hour HypnoBirthing classes weekly for five weeks to educate moms-to-be about getting through labor using guided imagery, visualization, breathing and self-hypnosis.

### WOULD YOU WANT THIS JOB?

Babies decide to make their way into the world with no regard for other people's schedules. "If you have a flexible lifestyle, it can work out great, but if you're thinking of keeping your full-time day job, doula work might not be for you," Rose says. "I am pretty much on call all the time."

And that can be tough: "I don't get to travel as much as I would like. Sometimes there's sleep deprivation. Sometimes there's internalization of



Alexandra and Troy Goode try visualizing a pleasant birthing experience under the tutelage of Alana Rose (not pictured).

trauma, when I see parents go through things that they don't have to."

But "I know that I'm making a difference in one of the most intimate and important experiences in this family's life," she says.

**HOW SHE GOT THIS JOB:** It's not necessary to be certified to become a doula. Rose is, through the Childbirth

and Postpartum Professionals Association's (Cappa.net) three-day intensive training, which involves classes; assisting in three births and securing three recommendations after each; and completing a take-home test.

**HOW YOU CAN GET THIS JOB:** Do your homework. "Search for 'natural birth' on YouTube, tour some hospital

labor and delivery wards or birth centers in your area, take a couple comprehensive childbirth education classes and do the intensive training for the certifying organization of your choice," Rose says. "After your first birth, you'll know whether you're cut out for doula work."

Organizations that offer training include CAPP, Doulas of North

**"After your first birth, you'll know whether you're cut out for doula work."**

— ALANA ROSE, A CAPP-CERTIFIED DOULA AND HYPNOBIRTHING EXPERT. SHE'S ASSISTED AT 27 DELIVERIES.

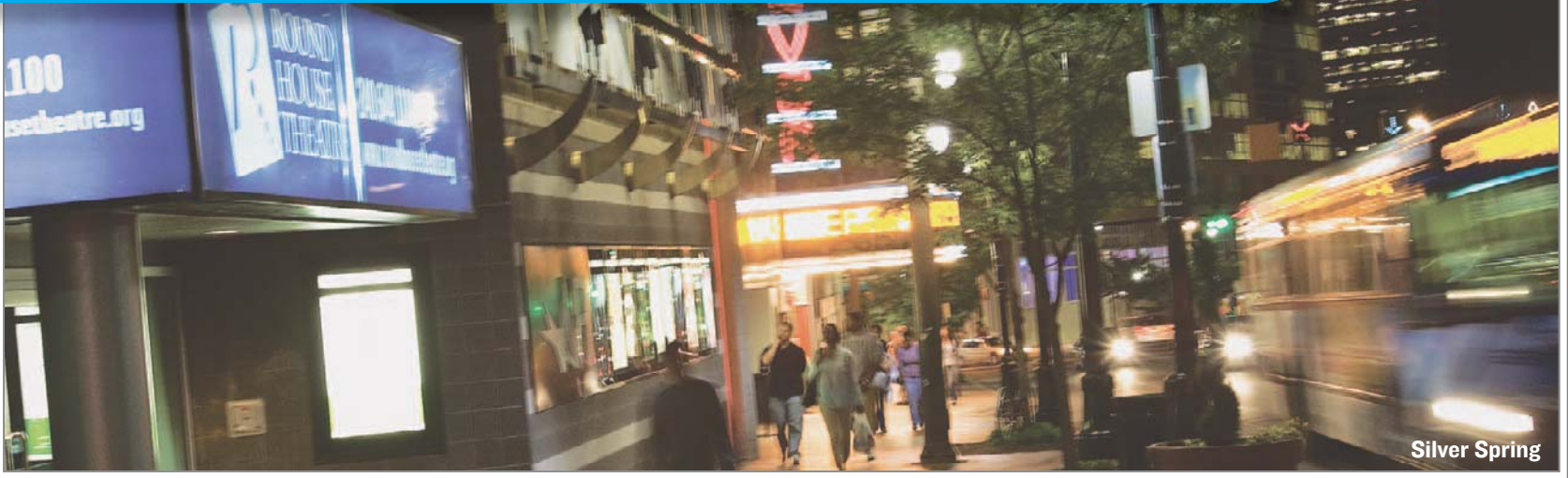
America International (Dona.org), the International Childbirth Education Association (Icea.org), the Organization of Labor Assistants for Birth Options & Resources (Tolabor.com) and the Association of Labor Assistants and Childbirth Educators (Aalace.org).

Also consider specializing in a coaching method. "I get a lot of parents who took the HypnoBirthing course and want someone familiar with the philosophy as their doula," Rose says.

Experience is also key. Look into apprenticeships with local doulas. "It's a smart thing to do for any doula," she says. **STEPHANIE KANOWITZ**

JASON HORNICK

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# Dig Deep for Salary Secrets

Finding information on a job's pay means doing detective work online and in person

## Help Wanted

The job looks enticing, and the commute would be half your current one. But the pay? Who knows? The ad doesn't mention it.

You also may want to start your search for the salary skinny right away. Pay information gathered even as recent as a year ago may no longer be relevant.

"Salary data is volatile, and it changes constantly," says Deborah Keary, human resources director for the Society of Human Resource Management.

If you already work for the organization, simply go to the human



ISTOCK PHOTO

resources department and ask. This may work for some outside candidates, too. "Transparency is an up-and-coming thought," Keary says.

Check recent job postings specific to the city and industry where you want to work and to your level of experience. Exclude contract jobs (unless that is what you're

seeking) because their base pay is much higher. Recruiters also can be great sources, says Paul Rowson, managing director at human resource association WorldatWork's

D.C. office.

Talk to people who already hold the job you want, says Rowson. Connect with them on LinkedIn or through professional associations. Keary agrees that people are a great source — if handled gingerly. "Make it clear that you're not prying into their personal business," she says.

Most jobs have established pay ranges, and government jobs have pay grades that can be found online. Ranges may be broad, especially for management jobs. It's tricky to determine where you would fall within a stated pay range. Among the factors are years of experience, technical prowess and standout abilities. "You've got to be conservative. You can't overestimate your worth" or you may get kicked out of the running, Rowson says.

VICKIE ELMER (THE WASHINGTON POST)

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# Snap'd Out of the Daily Grind

Stephen Bobb left office work behind for fast-paced work in pro photography

Career Change

Stephen Bobb never dreamed of shooting a Pulitzer Prize-winning war-zone photo, an artsy portrait or a majestic landscape. The most influential photographer in his life was his grandfather, who on family vacations would haul out the tripod, set the timer and run to be in the picture.

Instead, after college at the Uni-



On a whim, Stephen Bobb enrolled at the Washington School of Photography.

change artist

versity of Richmond, Bobb did a very Washington thing: He went to work at the Advocacy Institute, which trains social-justice advocates around the world. On a tobacco-control project, he researched issues, wrote a daily news summary and sent action alerts. Later he did outreach to find nominees for the group's leadership awards. "I loved the organization," he says, "but I had an itch for something more creative."

"Just for kicks," Bobb says, in 2003, he visited the Washington School of Photography in Bethesda

and enrolled in its certificate program. "It was great to explore that creative side" through film — digital wasn't as mainstream then — and in the darkroom. "The teachers bring diverse experiences and a variety of styles."

The nonprofit school (301-654-1998, Wsp-photo.com) offers everything from basic "How do I use this camera?" workshops to specialized classes to the yearlong, \$7,500 certificate in professional photography. Required certificate classes cover composition; color management and theory; lighting; Photoshop; digital workflow; portraiture; business basics and port-

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folio production. Electives include wedding work, outdoor portraiture and darkroom work.

"All you need is time, interest, and a single-lens-reflex digital camera," says communications director Ben Anderson. Graduates have gone into — or stayed in — photojournalism; teaching; and portrait, pet or wedding photography. Income varies widely depending on effort, aptitude, business skills and type of work, but Anderson says some-one photographing weekend weddings can make up to \$60,000 a

year just doing that. The school's next open house is Aug. 21 from 10 a.m. to 2 p.m.

Still playing policy wonk, the budding photographer started helping friends shoot weddings on the weekends. With new confidence, he e-mailed about 20 professionals who used a photojournalistic style, looking for a mentor; Jennifer Domenick of Love Life Images in Savage, Md., responded early in 2005. Bobb became her part-time assistant not long before taking a new day job doing real-estate marketing.

## "It was hard to balance. But it was gratifying to capture milestones in life that are fleeting."

— **STEPHEN BOBB**, ON HIS SWITCH FROM REAL ESTATE TO FULL-TIME PHOTOGRAPHY AFTER THE HOUSING MARKET TANKED. HE'D BEEN WORKING PART TIME AT A STUDIO.

At the end of 2006, everything switched: Picture a negative morphing into a photo. The housing market tanked. Bobb lost his position. Domenick offered him a job processing all her studio's digital images. Suddenly, Bobb was in

photography six days a week.

"It was hard to balance," admits Bobb, who was also adjusting to marriage and homeownership in Takoma Park. "But it was gratifying to capture milestones in life that are fleeting."

Three to four days a week now, he retouches photos, fixing poor colors and exposures or converting color to black and white. On the weekends, he's one of Love Life Images' main wedding shooters — these days, he's the one with assistants. And during his own time, he runs Stephen Bobb Photography (corporate portraits and events; Stephenbobb.com) and Fidojournalism (pet photography). Besides capturing pets and their people at home, he volunteers his camera at rescue organizations and pet-

CONTINUED ON E12

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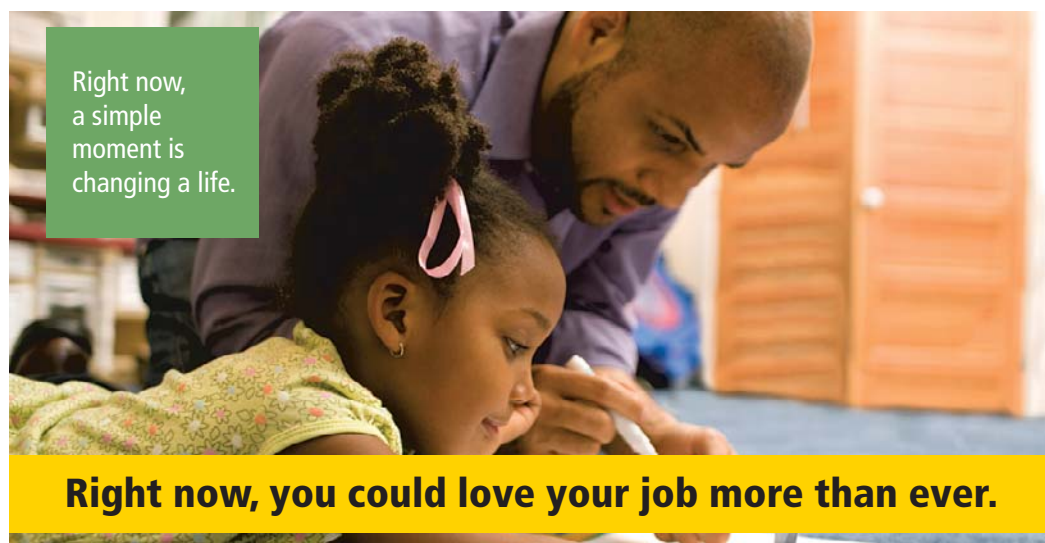
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# gettingahead

## Snap Out of it

Continued from page E11

events. “I have a very understanding wife,” he says.

It’s a challenge to move from office work to three part-time jobs, having to drive all over and lug equipment. “Taking pictures is a small part of what I do,” Bobb notes; there’s also marketing, accounting, lab work and more. “The business part of this isn’t what people with a creative streak generally have in mind.”

But it’s rewarding. The 34-year-old works with happy people and creating cherished keepsakes, and generally calls the shots, so to speak. There’ve been no bridezillas, dog bites or cat scratches. And he tells fulfilling stories like this: Two years ago, a woman



Today, Stephen Bobb shoots weddings, pets and more—but he also has to keep up with business necessities such as accounting.

**\$60K**

The amount a photographer could make shooting weekend weddings alone, says Ben Anderson of the Washington School of Photography.

asked Bobb to photograph her brother’s dog as a gift while he was away. The brother loved the shots. One year ago, the brother — who Bobb had never met — got engaged and asked Bobb to shoot his wedding. Again, he loved the shots. A few weeks ago, the brother called again: He and his wife had a newborn and wanted Bobb to do a family-and-dog portrait.

“That’s my ultimate goal,” Bobb says. “For people to see me as their personal photographer.”

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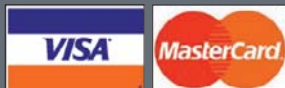
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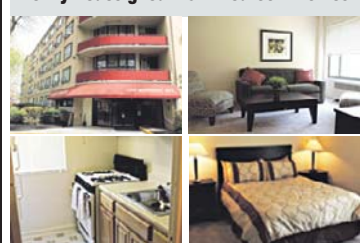
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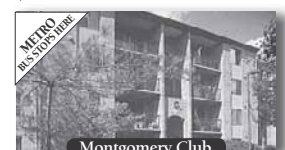
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### Immediate Occupancy

## For 2 and 3 Bedrooms

# Starting at \$850.00

- ❖ Hardwood Floors
- ❖ Spacious Bedrooms / Walk in Closets
- ❖ Individually Controlled Heat / AC
- ❖ Swimming Pool / Play Ground
- ❖ Summer Camp / Girl Scouts
- ❖ Medical Facility on Site
- ❖ On Site Laundry



DC RENTALS

Southeast

### Meadowbrook Run

3647 6th St., SE  
(877) 819-3121

2BRs Starting at \$890

**\$99 Security Deposit**  
(w/approved credit)  
\$0 Application Fee With This Ad!!! •

**1 BRs Also Available**

- Newly Renovated Property with Large Floor Plans
- Free After-School Learning Program
- Resident Control Access
- Large, Walk-In Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat
- 3BRs also available

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DC RENTALS

Southeast

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Discounted Rents  
Starting at \$629\*

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Wall to Wall Carpeting.  
5% DISC. TO METRO & DC GOVT EMPLOYEES

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**1 BDR starting at \$800**

University Gardens  
Apartment Homes

- \$0 Application on all One Bedrooms
- All Credit Considered
- We Accept Tax ID
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- Carpet/Wood/Balcony/Private Entrance

**1801 JASMINE TERRACE**  
universitygardens.net

HOURS: M-F 9-5, SAT 9-5, SUN 12-5

**888.552.1097**

SE

**1 BR - \$900\***  
**2 BR - \$1025\***

MOVE IN NOW!!

## The Overlook @ Oxon Run

- Gated Community
- Fitness Center & Theatre Rooms
- Controlled Access
- Washer/Dryer in Select Units

**3700 9th Street, SE • 888.644.2773**

\*Income Qualifications  
# Occupants/Maximum Income  
1 \$43,140 2 \$49,320  
3 \$55,440 4 \$61,620





SOUTHWEST

### MOVE IN SPECIALS!

**1 BRs fr. \$775 2 BRs from \$870**  
**3 BRs from \$1180**

W/W carpet, Central Air/Heat, Dishwasher,  
Laundry facility, Free Parking  
**A Perfect location on Metro**

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Housing Choice Vouchers Welcome

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**2BR \$849\***

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New Application Only!

FREE, APP FEE WITH AD, FREE HEAT, GAS, WATER  
W/W Carpet, Modern Kitchens/breakfast bar,  
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Great location minutes to 295, 395, 495

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MD RENTALS

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**1 MONTH FREE + \$500 to help you make the move!\***

1, 2 & 3 BRs  
UTILITIES INCLUDED  
NEWLY RENOVATED  
Controlled Access Bldgs.  
Pool & Playgrounds

\*select apts



MD RENTALS

Alexandria, VA

**1 Bedrooms from \$975**  
**2 Bedrooms from \$1165**

- Great Amenities
- Include Great Specials Upon Move-In
- Call For Great Move-In Specials!

**Meadow Woods APARTMENTS**

Call Now! **(888) 823-7689**

some restrictions may apply/EHO





## 1, 2, & 3 BDs, starting at \$930

- Easy access to 95 & 495
- Near Greenbelt Metro + UMD
- Ask about our Military discount
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Prices are subject to change.



**1BR BLOWOUT \$875\***  
WHILE SUPPLIES LAST  
MUST MOVE IN BY 8/14/10

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- Sparkling Pool
- Fitness Center
- Business Center
- W/W Carpet
- Dishwasher
- Breakfast Bar
- Spacious Closets
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Minutes to I-495  
Spacious Floorplans  
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- New appliances
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MD RENTALS

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### Courts of Camp Springs

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**2BR Flats \$985**  
**2BR duplexes \$1045**

**\$99 Security Deposit**  
with approved credit  
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Newly Renovated Community &  
Huge Floors Plans  
5% Discount for Gov't, County &  
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Convenient to Metro

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MD RENTALS

Capitol Heights, MD

## Highland Ridge Apartments

**1 Bedrms. fr. \$750**  
**2 Bedrms fr. \$859**

Renovated kitchens  
Controlled access entry  
**GREAT location!**

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## MD RENTALS

## MD RENTALS

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**GATED COMMUNITY**  
**Furnished Apartments\*\***

- Fitness Center on Property
- Washer/Dryer\*\*
- Beautiful Kitchens-Granite Countertops\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**Call Now For Our FANTASTIC SPECIAL**

**\*\*Select Units**

**Riverdale Village**

**800-767-2189**  
5409 Riverdale Road • Riverdale, MD 20737

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling \*select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

**Call Now For Our FANTASTIC SPECIAL**

**LANDOVER**

# Kings Square Apartments

**877-898-6958**  
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- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**Call Now For Our FANTASTIC SPECIAL**

**HYATTSVILLE**

# Fleetwood Village Apts

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721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

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**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**

**LANDOVER**

# Maple Ridge

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- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

**FREE RENT 'TIL SEPTEMBER!\***

**OXON HILL**

# Colonial Village

**888-583-3047**  
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- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

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- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

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- Spacious and modern apts
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- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

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**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
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Capitol Heights

# ADDISON CHAPEL APARTMENTS

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**Hurry Limited Time Only!**  
**1 Bedroom's from \$784**

**Hurry Limited Time Only!**  
**2 Bedroom's from \$886**

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- Brand New Renovated Options

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*Some Restrictions Apply*

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- 1 BR Starting at \$800.00
- 2 BR Starting at \$920.00
- 3 BR w/ 1 1/2 Baths - \$1365.00
- 4 BR w/ 2 Full Baths - \$1510.00

- Spacious Floorplans
- Walk to Metro
- Sparkling pool
- Clubhouse/rec room
- Large laundry facilities

**NO APPLICATION FEE!**

**Security Deposit**  
As low as \$350 or up to 1st month's rent (based on credit history)

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Forestville, MD

# \$99 Moves You In\*

**ONLY 5 LEFT!**  
**2 BRs \$1050**  
(no app fee w/this ad)

- Large walk-in closets
- Refreshing pool
- Metro Bus at your doorstep
- Pet friendly

**EHO**

# Penn Mar Apartments

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Concerts, movies, events, restaurants and more.

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**PARK FOREST**

**1BR \$830 • 2BR \$925**

- Community center/ tennis courts
- Walking distance to shopping
- Beautiful manicured lawns
- Wall to Wall Carpet
- Window in kitchen & bath
- Controlled building access
- On site laundry rooms

**TEXT PARKFOR TO 29999**

M, T, Th 9-6pm  
W 10-7pm  
Sat 10-5pm  
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625 Audrey Lane, Oxon Hill, MD 20745  
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## MD RENTALS

Forestville

- Controlled Access
- Gated Entry
- Tennis Courts
- Fitness Center

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Apartment Homes

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from \$739-\$1206

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EASY ACCESS TO 295/495

**3BRS ON SPECIAL FOR ONLY \$1309!\***

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\*Please call for details.

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# EMPIRIAN VILLAGE

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**1 BRs start at \$699\***  
**1 BR & Den from as low as \$899\***

**5 Minute Pre-Approval**  
**Military Discounts Available**

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*\*Based upon availability. Call or visit for details. Must move in by July 31st*

GREENBELT

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**1 Brs from low \$1000s**  
**2 Brs from \$1500s**

**No Application Fee!**  
**\$200 Gift Card\***

- All Utilities Included.
- Great location
- Fitness Center and Pool

**\*Call for Details**  
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Hyattsville

# UNIVERSITY CITY APARTMENTS

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Hyattsville

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- Huge Floor plans and closets
- Sparkling pool

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**ALL UTILITIES INCLUDED**

Lovely spacious 1 & 2BR apts available start @ \$975, AC, 24 hr maintenance and more close to schools, bus stop, Metro and UMD

**1 Month Free Rent with 13 month lease.**  
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Mid Rise Apartment Building

**1, 1 & DEN, 2 & 3 BEDROOMS**

- 6 Month to 1 Year Lease Available
- FREE Parking
- All Utilities Included • Central Air & Heat
- Dishwasher in 2 & 3 BRs
- Hardwood Floors • Swimming Pool
- Laundry Room on Each Floor
- 1 Block Away from the MARC Train Station

**GREAT SPECIALS**  
**Free Application Fee**  
**\$300 OFF 1, 1 & Den**  
**Rents from \$1145\***

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MD RENTALS

Access.



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TWINBROOK STATION

1 BRs from \$1,695\*  
2 BRs from \$2,180\*  
SAVE up to 2 months FREE\*



On your own terms.

- BRAND NEW
- at Twinbrook Metro
- airy 9' ceilings
- granite countertops
- swimming pool
- state-of-the-art fitness center
- resident lounge with billiards
- concierge
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**\$0 SEC DEPOSIT**  
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- GATED COMMUNITY
- ASK ABOUT OUR RENOVATED UNITS
- SAME DAY APPROVALS

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Hyattsville



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1  
Bedrooms  
Starting From  
**\$675**

2  
Bedrooms  
Starting From  
**\$750**

3  
Bedrooms  
Starting From  
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Rents start at \$840 + up to \$1000 Move-in Bonus\*



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Huge floorplans  
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**\$499**  
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UTILITIES INCLUDED

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1 Bedrooms from \$950  
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UTILITIES INCLUDED

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Silver Spring

**2 BEDROOMS \$1195**  
Short Term Leases Available

Enjoy our park setting, adjacent tennis courts and rec. center.

- Stay cool in our swimming pool
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- Min. from Sil. Spr/Bethesda Metro
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From the \$1100s\*

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**Studios, 1, 2, & 3 BDs**  
starting at **\$850**

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- Ask about our military discounts
- Swimming pool + playground
- Spacious floorplans

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**2 BEDROOM APTS**  
as low as **\$950**

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All Credit considered

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SUITLAND

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1 & 2 BRs from \$755  
SPECIAL LOW DEPOSIT!  
UTILITIES INCLUDED!  
Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

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\*plus deposit. Call for details

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**Newly Reduced Prices!**

1 BRs start at \$920  
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No Income Restrictions  
"Limited Availability" for move in between August & September.

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MD RENTALS

**TAK PK—New Hamp. Ave.**

**HILLWOOD MANOR**

**1 BEDRMS fr \$860**  
2 BEDROOMS ALSO AVAILABLE

LOVELY PARK-LIKE SETTING!  
OFF STREET PARKING  
HARDWOOD FLOORS  
ALL UTILITIES INCLUDED

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MD RENTALS

Temple Hills

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**50% OFF**  
1ST MONTH'S RENT

All Utilities Included  
With Wall To Wall Carpet!  
2-Bedroom \$860.00/\$940.00  
Available Immediately

\*\*Three Blocks To Southern Ave. Metro Station  
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MD RENTALS

Temple Hills

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**LOOK & LEASE SPECIAL**  
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1 Bedrooms only \$850  
2 Bedrooms only \$950

- All utilities included
- Laundry facilities in each building
- Close to major highways
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- SO much more, call NOW

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## MD RENTALS

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FREE APPLICATION FEE!**

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- W/W Carpet or Hardwood avail
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- Parklike setting w/picnic tables & grill
- Maximum income limits apply

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NEW Extended Hours Mon-Th. til 7pm. Sat. 10-4

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- First Rate Amenities
- Gorgeous Setting Near 495 and Largo Town Center

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Studios, 1-2-3  
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RENTS

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ALEXANDRIA

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1 Bedroom from .....\$1055\* Penthouse from .....\$1810\*

2 Bedroom from .....\$1360\*

- Metrobus at front door to Pentagon & Van Dorn Metro
- Spacious Rooms
- High-speed internet access available
- 24-hour front desk
- Free parking 24-hour 7-11
- No move-in administration fee
- No Security Deposit
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# lookout



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## Booze Clues

### Canine Carousing

**People with dogs** and people with babies fall into the same abyss: You're not always welcome at happy hours. (Side note: If you could all stop bringing your babies to bars and giving me dirty looks for drinking, I'd really appreciate it.)



By Fiona Zublin

But for dog owners, there's a solution: canine-friendly happy hours, like the one at Againn (1099 New York Ave. NW). Its outdoor patio is open to dogs (especially cute ones that won't try to steal everyone's snacks off the table — not that that has ever happened), and happy hour falls between 5 p.m. and 7 p.m., Monday through Friday. Beer is \$5, wine is \$7 and small plates are \$5. There will also be dog biscuits, though probably not dog-friendly alcohol. Your animal will have to befriend its fellows without the benefit of tipsiness. Don't worry: He or she is probably more socially adept than most humans.

### Whole-Smoke

**Bourbon Steak (2800 Pennsylvania Ave. NW)** knows a good pun when it sees one — ha, no we take that back because good puns don't exist. And, thus, we have the **Dog Days**, an all-through-August deal at Bourbon's bar that charges \$7 for a hot dog and a beer. And, yes, the drafts are decent craft beers, but it's the hot dogs where they really go nuts with the adjectives — they are artisanal and handcrafted and god knows what else and doesn't it just make you want to go to Ben's Chili Bowl at 4 a.m.? Yeah, me, too. Meet you there?

@ Comments? Give Fiona your feedback: [expressnightout.com/boozeclues](http://expressnightout.com/boozeclues)

# Boy Glowing Brightly

Ethereal folk tunes and heartfelt lyrics deliver broad appeal for Phosphorescent

### Album Review

Why it took so long for Matthew Houck and Phosphorescent to get the audience they deserve is a real mystery. The name is hard to spell. And most of Houck's songs are pretty sad. But in any case, people are finally catching on.

"It's nice to play to sold-out crowds. For a long time, Phosphorescent didn't do that. It's a real pleasure to come out and be welcomed," Houck says.



**Here's to Taking it Easy**  
Phosphorescent

Houck has been making music as Phosphorescent since 2003. But it wasn't until 2007's "Pride" that the band started enjoying much critical attention. He followed "Pride" with an album of Willie Nelson covers, aptly titled "To Willie." "For whatever reason, those Willie Nelson songs — maybe just because of how long I've known them, or maybe just because of the chord they struck in me for so long — it just felt really natural," he says.

This year, Houck released "Here's to Taking It Easy," an



SEBASTIAN MILNARSKI

Matthew Houck and Phosphorescent try to change up their set list for every venue.

### On Stage

#### Indie Darling Duo

J. Tillman, the drummer of the indie-folk rockers Fleet Foxes, has been taking the stage solo on acoustic guitar as the opener for Phosphorescent. Matthew Houck asked the Fleet Foxes drummer to join the tour after the two met at some festivals and swapped records. **S.A.H.**

album closer to the alt-country sound of "To Willie" and further from the folkiness of "Pride." Songs like "The Mermaid Parade," a heartbreaker set in Coney Island, and "Los Angeles" reveal an internal East Coast-versus-West Coast battle for the Brooklynite.

"Oh, man, that's the constant struggle," he says. "Whenever you're out here on the West Coast, you're like 'Oh, I'm definitely, definitely gonna have to move to the West Coast.' I love New York with all my heart, so I think New York is still kind of winning."

Expect Phosphorescent's D.C. show Monday to be unpredictable. "We switch it up every night, basically. These songs really transform themselves depending on what the energy of the room and what the energy of ourselves is," Houck says.

**SARAH ANNE HUGHES**

● **Black Cat, 1811 14th St. NW; with J. Tillman, 8 p.m., \$15; 202-667-4490.**



### Weekend Box Office

**The Other Guys**  
\$35.6M

**Inception**  
\$18.6M

**Step Up 3D**  
\$15.5M

**Salt**  
\$11.1M

**Dinner for Schmucks**  
\$10.5M

**Despicable Me**  
\$9.4M

**Cats & Dogs: The Revenge of Kitty Galore**  
\$6.9M

**Charlie St. Cloud**  
\$4.7M

**Toy Story 3**  
\$3M

**The Kids Are All Right**  
\$2.6M



# A Family Craft Reborn

Jacques Cousteau's grandson is making a name as a telegenic expert on oceans

## Television

Two generations after Jacques Cousteau introduced television viewers to an undersea world, his grandson is becoming a go-to environmentalist for TV producers on some of the same topics.

Philippe Cousteau hosts a series of documentaries with his sister, Alexandra, this month for what the Planet Green network calls its "Blue August." The centerpiece is a six-part series that started Sunday, "Oceans Blue," featuring Cousteau and other marine explorers.

Cousteau is a frequent guest on news programs to discuss the Gulf oil spill, particularly on CNN. He dove into the Gulf of Mexico for ABC's "Good Morning America" for a story on how oil was spreading away from the surface.

Cousteau, 30, hopes to use his burgeoning celebrity status to make sure the Gulf story isn't forgotten, even as cameras move on. "We are so eager to make declarative statements and to wrap things up in an easy box," he says. "It's so



Philippe Cousteau should be familiar to CNN addicts following the Gulf disaster.

easy to do that, and we can't allow that to happen."

Cousteau speaks to youth groups, blogs and is an energetic networker in the environmental community. He recognizes what his grandfather knew: that television is a hugely powerful medium for getting his message across.

"He's got a great personality and he's easy on TV, and that's not something that comes easily," says ABC's Sam Champion, who was working with Cousteau when the Gulf disaster began. "He's a natural on camera."

The Gulf spill also found Planet

Green scrambling to put together some programming that addressed the topic. "Black Wave: Legacy of the Exxon Valdez" is a previously recorded documentary that takes on new resonance now. Cousteau said the 1989 Alaskan oil spill had long-lasting effects on the fishing industry and environment that could not have initially been predicted.

"History is not going to judge us by the mistakes we made but by what we learned from them," Cousteau said. "I'm very concerned that that is not happening."

DAVID BAUDER (AP)

## Mixed Media

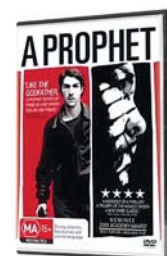


**THE GHOST WRITER (PG-13; \$26.99)**

### Overlook the Polanski

**The basics:** This compelling political thriller from director Roman Polanski stars Ewan McGregor as a ghostwriter who agrees to write the memoirs of former British prime minister Adam Lang (Pierce Brosnan). The "ghost" soon learns that there's more to his assignment than meets the eye. **The lowdown:** This movie isn't without flaws, but it will keep you transfixed. "I like to say that I'm making movies for the grown-ups," Polanski says in the special features, and that's exactly what he has done here. The supporting cast is strong (94-year-old Eli Wallach stands out in a small role), but Kim Cattrall should have left her British accent at the door.

**The extras:** The studios seem to be putting more special features on their Blu-ray discs and next to nothing on standard DVDs, but the features on this DVD have some heft, including an interview with Polanski made all the more interesting in light of his legal troubles.



**A PROPHET (R; \$27.96)**

### Power of One

**The basics:** In this captivating film from French director Jacques Audiard, a young, illiterate man of Arab descent (newcomer Tahar Rahim) falls under the sway of gangsters while in prison. As he learns the ways of crime, he empowers himself. **The lowdown:** This film has earned its share of accolades, including the grand prize at Cannes and an Oscar nomination for Best Foreign Film. It's all deserved, said Post critic Ann Hornaday, who called the film "mesmerizing" and "absorbingly off-balance." The soundtrack alone is worth the price of the DVD. **The extras:** Commentary with Audiard and Rahim, deleted scenes, rehearsal footage and Rahim's screen tests. AMY HITT (THE WASHINGTON POST)

**expressnightout.com**

FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS

## 1 Big Red Heart

Tracy Bonham's music has grown more appealingly jazzy, oddball and literary as the years have passed. "Masts of Manhattan" is her fourth album — the title references Walt Whitman — and it's our favorite yet. She performs tonight in Virginia. FIONA ZUBLIN (EXPRESS) **Jammin' Java, 227 Maple Ave. E., Vienna, Va.; Mon., 8 p.m., \$12-\$15; 703-255-1566, Jamminjava.com.**



## 2 Practically Perfect

Don't have the money or patience to see "Mary Poppins"? Catch the members of the KenCen's Disney production in a cabaret performance on the Millennium Stage. If there's no tap dancing, we will go on strike. F.Z. **Kennedy Center, 2700 F St., Mon., 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

## 3 California Girl

Colbie Caillat writes the kind of lyrics that get college sophomores through breakups. And though they'll eventually graduate from her tinkling, acoustic charm to Kelly Clarkson's "Since U Been Gone," Caillat's delicate melodies are worth a listen, even if you've been out of college for years. F.Z. **Rams Head Live, 20 Market Place, Baltimore; Mon., 7 p.m., \$29; 410-244-1131, Ramsheadlive.com.**





## Eczema Skin Study in Children

The Eczema Skin Study looks at how microbes, such as bacteria and fungi, contribute to the skin condition of atopic dermatitis, or "eczema". The Eczema Skin Study needs children between 2 to 12 years of age with eczema who have a primary care physician, and who are willing to travel to the NIH Clinical Center. Interested individuals who are eligible to participate will have their skin evaluated and sampled, as well as have a consultation with a board-certified dermatologist. A small blood sample will be collected. Qualified participants will receive compensation for their time.

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## lookout TV tonight

# If the Music Moves You

An oddball bunch of New Yorkers find inspiration in salsa

### Documentary

**HBO 9:00** You don't have to love Latin dance, or dance at all, to be infatuated with "El Espíritu de la Salsa," a documentary as contagious and appealing as the music it celebrates.

"Salsa" follows 10 amateur dancers with very different reasons for enrolling in Tomas Guerrero's Santo Rico Dance Company. An affectionate taskmaster, Guerrero vows that he can teach anybody to dance to the sensuous Caribbean music. And this film's "cast" puts him to the test.

Several single women from their 20s to late 40s take up salsa in search of romance. A retired teacher drags her husband to class so he will stop showing her up. A police officer sees dance as a chance to clear his mind before



The Santo Rico Dance Company's 10 novices perform for the first time in public.

returning to the chaos and challenges of his Times Square beat. A burly Queens construction worker admits he's the last guy in the world he'd expect to love Latin dancing. But he does. Just don't tell his father. Another student suffers from chronic fatigue and depression, but salsa inspires him to get out of bed and onto the dance floor, where he can feel "the soul of the world pouring in."

Enhanced by the music of Tito Puente, Eddie Santiago and Hector Lavoe, "Salsa" is also a love letter to New York City. Shows about the Big Apple tend to emphasize either the grating materialism of "Gossip Girl" or the grit of "Law & Order: SVU." "Salsa" emphasizes our common humanity, our shared fears and aspirations, and the need for community. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

### Best Bets

**FOX 8:00**

**Teen Choice Awards 2010** Singer Katy Perry hosts this celebration of the hottest teen icons in film, TV, music, sports and fashion. Scheduled to appear are David Archuleta, Kristen Bell, John Cena, Miranda Cosgrove, Zac Efron, Victoria Justice, Jim Parsons and more.



**A&E 9:00**

**Intervention** At age 8, Joe learned the "choking game," where someone cuts off the oxygen to another person's brain in order to produce a high. He's now a lonely heroin addict.

**TNT 9:00**

**The Closer** At the request of Detective Mikki Mendoza (Paola Turbay), the squad investigates a series of brutal murders that suggest a Mexican drug cartel may have moved into the city in the new episode "Heart Attack." Kyra Sedgwick, J.K. Simmons, Corey Reynolds and G.W. Bailey also star.

**BIO 10:00**



### Aftermath With William Shatner

As part of his series' focus on re-examining national news stories of the past, Shatner sits down with all of the survivors of the D.C. sniper shootings of 2002. (TRIBUNE MEDIA/EXPRESS)

### Reality

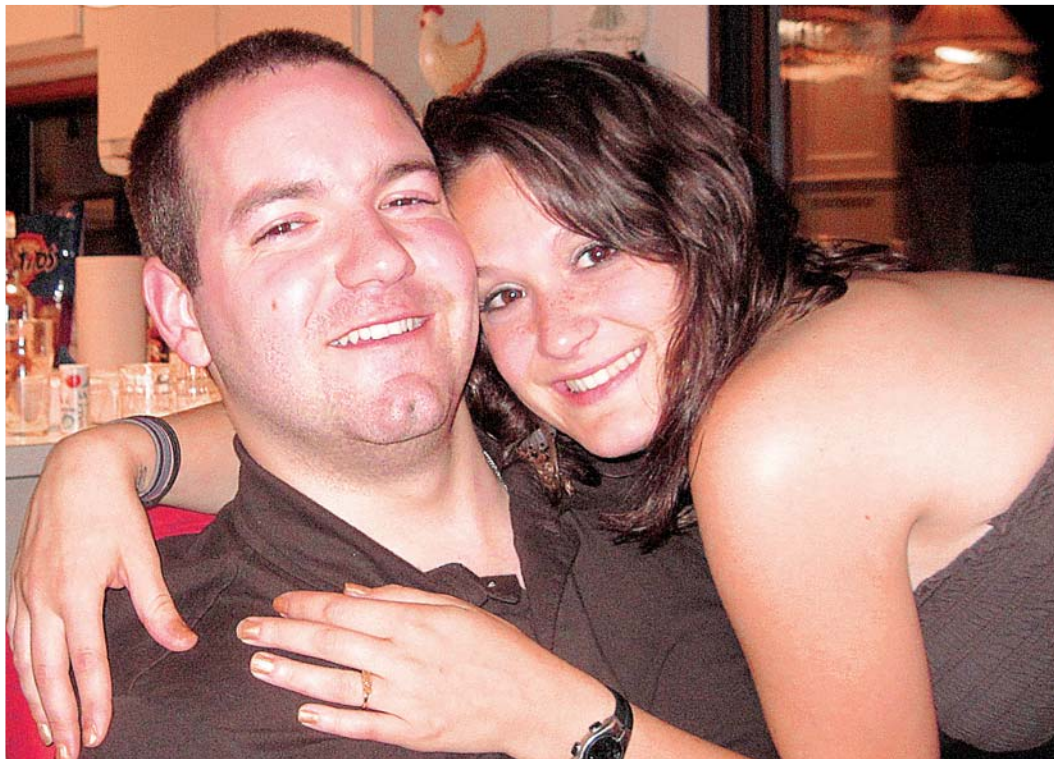


### House of Horrors

"Hey! Who left these wet towels all over the bathroom floor?" Nineteen fan favorites, arch-rivals and villains from previous editions of the "Bachelor" and "Bachelorette" franchises reunite under one roof in the competitive reality series "Bachelor Pad" (8 p.m. on ABC), in which they compete for \$250,000 and a second chance at love. Chris Harrison and Melissa Rycroft host. (TRIBUNE MEDIA)



# weddings **lookout**



## Jonathan Abetti, Allie Carr

JONATHAN, 23, IS A PARALEGAL. ALLIE, 24, IS A KINDERGARTEN TEACHER. THEY LIVE IN WASHINGTON AND WILL WED AUG. 14.

**THE MAIN EVENT:** At Jonathan's father's house in Vermont. The reception will take place inside the hand-built barn; afterward, their friends will stay there for a slumber party.

**HOW THEY MET:** At New York University, where Allie was the assistant director of a play Jonathan was in. ("I was the sleazy, scotch-drinking, naïve husband.") "She held my hand while leaving one of the performances and declared herself my girlfriend."

**FIRST DATE:** The pitcher of beer they shared after said declaration. "The next day, I apologized for calling him 'boyfriend' all night, and he totally called me out on it, saying, 'I think you really meant it.' I must have turned bright red. But I couldn't deny it."

**FIRST KISS:** At the cast party. "The next morning, I was so excited that we'd kissed that I ran out and made snow angels in the dress I was wearing the night before," Allie says.

**HOW HE PROPOSED:** On their second anniversary, over dinner at Paolo's in Georgetown. He got the staff to play "Question" by Rhett Miller and the Old 97s. "I think I've fantasized getting proposed to that song since I was about 13," Allie says.



## Michelle Neary, Clayton Swears III

MICHELLE, 30, IS AN ATTORNEY. CLAYTON, 29, IS AN ATTORNEY. THEY WILL LIVE IN ROCKVILLE.

**THE MAIN EVENT:** The lawyer duo will wed Aug. 21 in D.C.

**HOW THEY MET:** At the Maryland bar exam. She mentioned her upcoming move to D.C. from Connecticut, so he gave her his number "couched in a vague offer to help her move. The look on her face indicated I was not going to be hearing from her."

**FIRST IMPRESSIONS:** "Did this guy just try to pick me up at the bar exam? Did I even brush my teeth this morning?"

**FIRST DATE:** They saw Scythian play at a Baltimore pub.

**HOW HE PROPOSED:** On their couch. "Not very romantic, but she had already designed the ring and we had picked it up from the jeweler. Also, I did remember to turn off the TV."

**WHEN HE KNEW:** "Before Michelle moved to Rockville, we mostly saw each other only on the weekends. Every Sunday night was devastating. I knew at that point I wanted us to always be together."

**WEDDING JITTERS:** "Clay's going to drop me during the first dance — that, or we're going to be offbeat, and the videographer will document every off-beat second of it."

### Online Now

Visit [expressnighout.com/bio](http://expressnighout.com/bio) for more of Express' couple profiles, and [washingtonpost.com/onlove](http://washingtonpost.com/onlove) for Washington Post coverage.

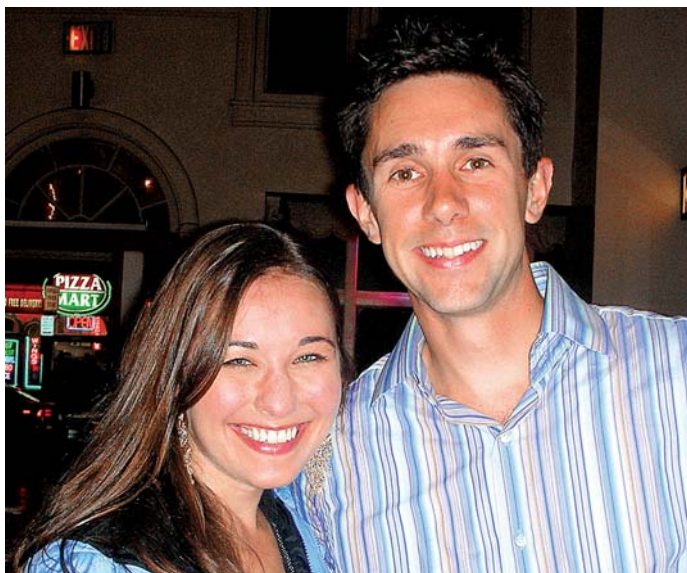
## Michael Mullinix, Sabrina Segal

MICHAEL, 30, IS AN ELECTRICAL ENGINEER. SABRINA, 31, IS AN ATTORNEY ADVISER. THEY LIVE IN D.C.

**THE MAIN EVENT:** A Maryland-themed event Aug. 28 on the Chesapeake Bay. Guests will sip Black-Eyed Susans ("the Preakness beverage of choice," Mike says) and dine on "up-scale Thrasher's fries with salt/vinegar" and crab balls.

**HOW THEY MET:** She externed at his office. "After I graduated from law school, I came back to D.C. Mike was the only young person I knew, so I left him a message starting with, 'Hey, dork, I'm back.'"

**FIRST DATE:** Dinner at Bistrot du



**"Mike was the only young person I knew [in D.C.], so I left him a message starting with 'Hey, dork, I'm back.'"** —SABRINA SEGAL

Coin. When they got back to the parking garage, the gate was closed and there was a sticker on Mike's car saying it would be towed the next morning. "I was ridiculously embarrassed and had to send Sabrina away to Silver Spring on the Metro."

**HOW HE PROPOSED:** In the National Gallery's Sculpture Garden. A tourist captured the moment on video. "The night ended on a high note with her throwing up. I knew I did a good job," Mike says.

**MAKING IT UNIQUE:** Sabrina had Namibian baskets made and flown to D.C. as favors. The wedding is in a "green" building: "The toilets don't use water and are composting. So cool!" Sabrina says.

# B.I.O.

**By Invitation Only** If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph (wacky is fine, but please don't send a formal engagement shot), plus your names and ceremony date to [weddings@readexpress.com](mailto:weddings@readexpress.com). Please contact us at least one month before your wedding. We'll get back to you with questions.



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Today's Question

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FOR TEENAGERS?

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Friday's Results

DO YOU SUPPORT BUILDING  
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FROM GROUND ZERO?



“Although I may personally  
disapprove, this is still a land of  
laws, and they have the right to  
build the mosque there.”

COMMENTER FRANK

“Absolutely. ... The United  
States was not attacked by Islam,  
nor is it at war with the religion.”

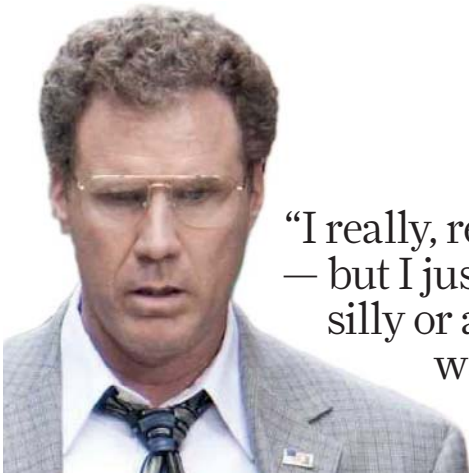
COMMENTER MORGAN C

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AT WWW.EXPRESSNIGHTOUT.COM



“Maybe Sean Penn should  
run for president since he’s  
clearly doing more for the  
Haitian people than Wyclef  
[Jean], who is all mouth  
and little action.”

— SANDRAROSE.COM REACTS TO THE ACTOR’S COM-  
MENTS ABOUT JEAN. PENN SAID THAT HE HASN’T “SEEN  
OR HEARD ANYTHING OF [JEAN] IN THESE LAST SIX  
MONTHS THAT I’VE BEEN IN HAITI.”



“I really, really, really wanted to hate this movie  
— but I just couldn’t. While I didn’t laugh myself  
silly or anything, I did righteously chuckle my  
way through 80% of the scenes.”

— BISHSBEAT.BLOGSPOT.COM DIDN’T EXPECT TO ENJOY THE MOVIE “THE OTHER  
GUYS,” STARRING WILL FERRELL AND MARK WAHLBERG.



“Ah, the days of hazing and messing  
with the rookies in NFL training camps  
across the country. Some call it cruel; I  
think it is a rite of passage when you’re  
a rookie first-round draft pick.”

— NFLGRIDIRONGAB.COM THOROUGHLY ENJOYED SEEING TIM TEBOW’S  
HAIRCUT FROM THE DENVER BRONCOS’ TRAINING CAMP.

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XX009A 1x4

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## Improve Depressive Symptoms Faster?

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[patientinfo.nimh.nih.gov](http://patientinfo.nimh.nih.gov)

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• Depressed (unipolar or bipolar).

*There is no cost to participate and travel is reimbursed from anywhere in the United States.*

**NIMH**  
National Institute of Mental Health, National Institutes of Health  
Department of Health & Human Services [www.clinicaltrials.gov](http://www.clinicaltrials.gov)  
04-M-0222



# puzzles lookout

## Horoscope

**LEO (July 23-Aug. 22)** You're likely to win the hearts and minds of those who are looking for someone to follow, but popularity is a double-edged sword.

**VIRGO (Aug. 23-Sept. 22)** Someone you've been working and/or playing with for some time may suddenly change the rules on you without warning. Can you keep up? Yes.

**LIBRA (Sept. 23-Oct. 22)** You're in for a hard lesson if you're not willing to admit to certain simple faults. The more realistic you are the better.

**SCORPIO (Oct. 23-Nov. 21)** You may be coming on too strong for someone else's taste, and this can prove hazardous to your professional development.

**SAGITTARIUS (Nov. 22-Dec. 21)** A quick assessment of your current situation yields a remarkable discovery. A quick adjustment as a result yields remarkable results.

**CAPRICORN (Dec. 22-Jan. 19)** Tit for tat is beneath you at this time, and you must resist the temptation to do to another what has been done to you. Take the high road.

**AQUARIUS (Jan. 20-Feb. 18)** Getting something done on time is simply a matter of tending to things in order. Don't be tempted to improvise.

**PISCES (Feb. 19-March 20)** Quality is the key, not quantity. You can surge ahead of the competition by coming up with something that is simply better.

**ARIES (March 21-April 19)** What goes around, comes around—or so they say. Today, the adage is likely to be proved in a way that takes you and others by surprise.

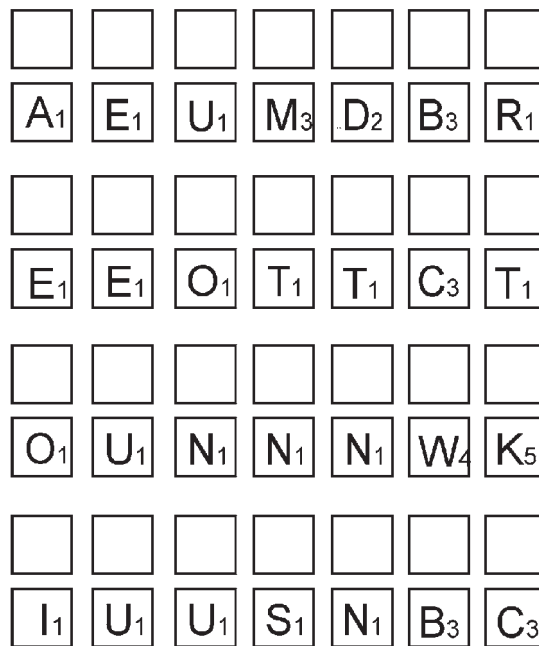
**TAURUS (April 20-May 20)** You don't feel that you're in any way endangered by recent decisions, and yet the truth is that you must take certain precautions.

**GEMINI (May 21-June 20)** Travel is in the picture, and you're going to want to follow the rules in order to stick to your own schedule. Streamlining is the key.

**CANCER (June 21-July 22)** Strive for greater efficiency and you'll impress those who are in a position to help you maximize your own resources.

## Scrabble Grams

PAR SCORE 195-205, BEST SCORE 275



Triple Word Score

2nd Letter Double

### Friday's Solution

T <sub>1</sub>	Y <sub>4</sub>	P <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>		RACK 1 =	11
F <sub>4</sub>	I <sub>1</sub>	E <sub>1</sub>	F <sub>4</sub>	D <sub>2</sub>	O <sub>1</sub>	M <sub>3</sub>	RACK 2 =	82
A <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	I <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 3 =	63
N <sub>1</sub>	O <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	RACK 4 =	57
PAR SCORE 140-150								TOTAL 213

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

EASY

8	5						7	3
			5		2			
2			7		1			8
		6	3		4	7		
3	1						6	4
		7	2		5	8		
7			1		6			9
			4		8			
6	2						1	7

### Friday's Solution

5	6	4	7	1	9	8	3	2
9	2	1	8	5	3	4	7	6
3	8	7	4	2	6	1	5	9
4	3	5	1	7	2	6	9	8
2	7	9	6	4	8	5	1	3
6	1	8	3	9	5	7	2	4
8	4	2	5	3	1	9	6	7
1	9	6	2	8	7	3	4	5
7	5	3	9	6	4	2	8	1

**Need more Sudolku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

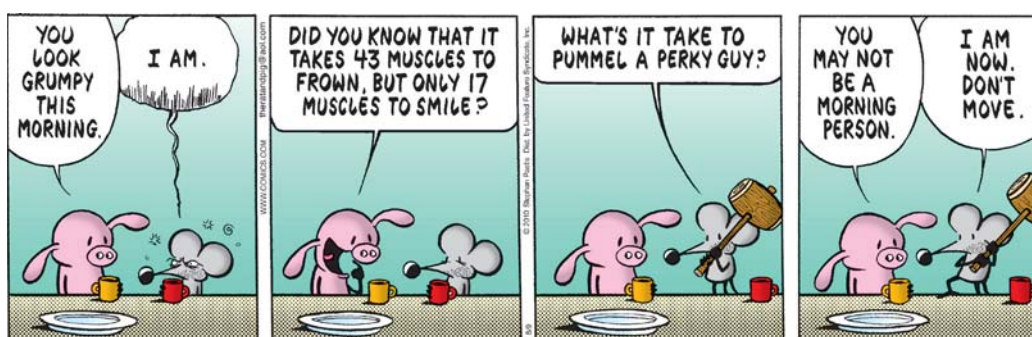
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**94 | 74**

**Today:** Mostly sunny, hot and humid today. Mainly clear tonight.

**98 | 77**

**Tomorrow:** Mostly sunny and hot tomorrow. Mostly cloudy tomorrow night.

### Looking Ahead



**WED** **THU** **FRI**  
**97 | 78 98 | 77 96 | 75**

### Sun and Moon

Sunrise today: 6:16 a.m.  
Sunset today: 8:11 p.m.  
Moonrise today: 5:34 a.m.  
Moonset today: 7:45 p.m.

### Almanac

Normal high: 88  
Record high: 102  
Normal low: 70  
Record low: 54

FORECAST BY ACCUWEATHER.COM ©2009

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TODD GRAY

No purchase necessary. A purchase will not increase your chances of winning. Entry period begins 7/7/10 at 12:01 AM ET and ends on 8/15/10 at 11:59 PM ET. Open to legal residents of DC, Maryland, and Virginia who are 18 or older at time of entry. Employees, officers, directors, and representatives of WP Company LLC and their corporate affiliates, and those whom are such persons are domiciled, are not eligible. Void where prohibited. Contest subject to complete official rules, which are available at [www.washingtonpost.com/postfun](http://www.washingtonpost.com/postfun). One grand prize with an approximate retail value of \$440 will be offered as well as ten runner-up prizes with an approximate retail value of \$260. Grand Prize gift certificate for dinner at Equinox is valued at \$150. Odds of winning prizes depend on the number of eligible entries received. Sponsor: WP Company LLC, 1150 15th St NW, 7th Floor, Washington, D.C. 20071, Attn: Consumer Marketing.

XPE331 2x10.5

lookout puzzles

Crossword

HIGH-STEPPING

ACROSS

- 1 "This \_\_\_\_" ("How strange")
- 6 Tax pro
- 9 Like many trees in winter
- 13 Bowler's feat
- 14 "\_\_\_\_ now, brown cow?"
- 15 Tool for boring holes
- 16 Command to a scout or quarterback?
- 18 Drug used to treat Parkinson's disease
- 19 "... \_\_\_\_ which will live in infamy" (F.D.R.)
- 20 Boozing binge
- 21 Crowns of victory in ancient Greece
- 24 "On My Own" singer Patti
- 28 Meteorological event
- 29 When tripled, a real estate mantra
- 30 Backgammon necessity
- 31 Cobra's weapon
- 32 Trail mix morsel
- 33 Halftime features, sometimes
- 37 Farm brooder
- 38 Place to find a date in the desert?
- 39 Where Marco Polo explored
- 41 One's spiritual being
- 43 Private pupils
- 45 Foils
- 46 Gluttons for punishment
- 47 Thinnish middle?
- 48 Ice cream dessert
- 49 Paying heed
- 52 Countdown of top tunes
- 56 Scottish town
- 57 Furious feeling
- 58 "Not in a million years!"
- 59 Cruel fellow
- 60 Banned insect control agent
- 61 "The Story of \_\_\_\_ H"

DOWN

- 1 Suffix with "lobby" or "ideal"
- 2 Resort feature

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
			19				20					
21	22	23					24			25	26	27
28					29							
30					31				32			
	33			34	35				36			
37				38					39			40
41			42					43	44			
45							46					
			47			48						
49	50	51				52				53	54	55
56						57			58			
59						60			61			

EDITED BY TIMOTHY E. PARKER

- 3 Bookshelf wood, perhaps
- 4 More dismal
- 5 Make numb
- 6 Debt markers
- 7 \_\_\_\_ fun at (ridicule)
- 8 Reverence
- 9 Financial report column
- 10 Back in time
- 11 Sales agent, briefly
- 12 Historical time
- 15 Mobile home?
- 17 Sainly headdress
- 20 Son of Isaac
- 21 Was in command
- 22 Comestible item
- 23 Beyond the ordinary
- 24 Hankers (for)
- 25 Buckingham of Fleetwood Mac
- 26 Crummier
- 27 Suffix with "respond"
- 29 Russian Revolution leader
- 31 Some charge cards
- 34 City of Greece
- 35 Parts of a harness
- 36 Yakked on and on
- 37 Towel embroidery word
- 40 Mule's dad
- 42 Come into view
- 43 Push down, as tobacco in a pipe
- 44 Illinois college town
- 46 Choral music composition
- 48 Feeder frequenter
- 49 Blood letters?
- 50 Haul

- 51 Miscalculate
- 52 Evaded the seeker
- 53 "Hail!" to Caesar
- 54 \_\_\_\_ Monte (food giant)
- 55 Prior, to Prior

Friday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13
H	A	L	F	E	D	D	A	T	R	E	A	D
A	G	E	E	N	E	A	T	R	U	M	B	A
D	O	S	E	V	E	N	T	E	S	S	A	Y
J	U	S	T	F	O	R	K	I	C	K	S	
I	T	O	L	I	S	R	O	S	E	T	T	E
S	I	N	C	E	K	E	E	N	A	R	E	
F	I	S	H	I	N	G	I	A	W	O	L	E
D	A	C	T	Y	L	L	A	Y	E	R		
O	R	E	I	T	E	M	L	A	T	E	R	
H	O	S	I	C	E	P	A	L	A	L	A	
S	N	A	P	D	E	C	I	S	I	O	N	
N	A	I	A	D	E	C	R	U	E	P	I	C
A	I	O	L	I	E	V	E	R	P	E	S	O
P	L	U	M	E	S	I	D	E	T	I	E	R

Today in History

1930

Cartoon character Betty Boop makes her debut (as a dog-eared singer) in Max Fleischer's animated short "Dizzy Dishes."

1945

The United States explodes a nuclear device over Nagasaki, killing an estimated 74,000 people.

1969

Actress Sharon Tate and four other people are found brutally slain at Tate's Los Angeles home.

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## APPEARANCES

**Brody's Dad Briefly Allowed Out of His Cell**

Brody Jenner, "Hills" star and boyfriend of Avril Lavigne, has had the letter "A" shaved into his buzz cut, Usmagazine.com reported. In July, he had Lavigne's name tattooed on his left arm. "Getting tattoos and piercings, changing the hairstyles, going pink and purple and all that, it seems to be their generation," said his father, Bruce Jenner, 60. (EXPRESS)

## BACKUPS

**There's Always Selling Your Hair, If It Gets Dire**

Sarah Ferguson, the Duchess of York, says she is doing everything she can to avoid declaring bankruptcy over business debts. The former wife of Prince

Andrew said Sunday she has paid off all her personal debts. She was responding to a front-page report in the Sunday Telegraph newspaper citing unidentified royal sources discussing the poor state of her finances. (AP)



ANDREW H. WALKER/GETTY IMAGES FOR IMG

Kim, the tall one and the one with the baby are excited to annex fashion under Kardashians hegemony.

## TIMELESS

**Leopard Prints For Every Age**

Kim, Kourtney and Khloe Kardashian are creating a ready-to-wear line that will be available worldwide in 2011, Women's Wear Daily reported. The sisters have partnered with designer Bruno Schiavi to create, manufacture and market the clothes. "We wanted everything to be no-fuss, buy it and wear it," Khloe said. "These are pieces that you could wear the next season or forever." (EXPRESS)

**Dirtbag Digest****Micro-Celebs Will Mate Only in Captivity**

Jake Pavelka turned down Rachel Uchitel after she asked a pal to set them up, Radaronline.com reported. "Jake thinks she's probably a 'nice girl,'" but he wasn't into it, the source said. (EXPRESS)



## BARGAINS

**Spencerandheidi.com Available for \$11.44 On GoDaddy.com**

Heidiandspencer.com is for sale on eBay for a starting bid of \$21 million. The seller is encouraging potential buyers to "Bid Hard And Win The Best Domain Ever." (EXPRESS)



**"I'm writing two books. One is the Snooktionary with all my sayings in it, and the other one is the story of somebody going to Seaside Heights."**

— NICOLE "SNOOKI" POLIZZI DISCUSSES HER FUTURE BRAND EXTENSIONS WITH E! NEWS. SHE IS ALSO STARTING A CLOTHING LINE.

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## *- Testimonial: Healed in Two Weeks! -*



"I was suffering from Asthma, Hypertension, Depression and liver disease by the time I found out about the Universal Church. Having so many problems, running out of hope, I decided to give it a try. What I heard at the church made sense to me, so I kept on coming.

By the 2<sup>nd</sup> week I was attending the church, I was already healed of Hypertension, blessed with a better job and a new car. Then, I decided to see my specialist and I was told that **MY HEALTH**

**WAS NORMAL.** I no longer needed the regular check ups. I know my faith in God did it through prayers at the church.

My friends ask and wonder how this could have happened. I tell them I just used my faith. More answers to prayer came along with the healing: My daughter reconciled with her fiancé after 7 years of being apart, I was blessed with true happiness, everyone sees it in me now. It's been over 3 years I've been attending the Universal Church and God has changed my life within this period of time. I thank Him with all my heart for that." *Shirley Jeffery*

*If you've got the **FAITH**,  
God has the **CURE!***

*Exodus 15:26*

# Healing Day!

**Tuesday, Aug. 10<sup>th</sup>  
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